







JUST PASSING
THROUGH



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"I was halfway across America, at the dividing line between the East of my youth and the West of my future..."

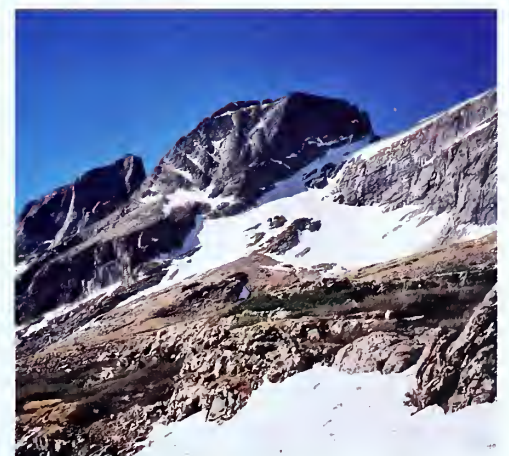
-Jack Kerouac

As we matriculate from different places across the country and even the world, our paths simultaneously converge on one picturesque corner of 50th Avenue and Lowell Blvd in Denver, Colorado. Here we stand, collectively poised to embrace the uncertainty that inevitably lies ahead, while trying our hardest not to look too long at that which lies behind us. Whether it is a fascinating portrayal of Chinese history in Loyola, a snowball fight in the Quad, an all-night study session in the Library, seeing the atomical composition of the world through a microscope or that crazy costume party with the friends you'll never forget, each moment, each frustration, realization,



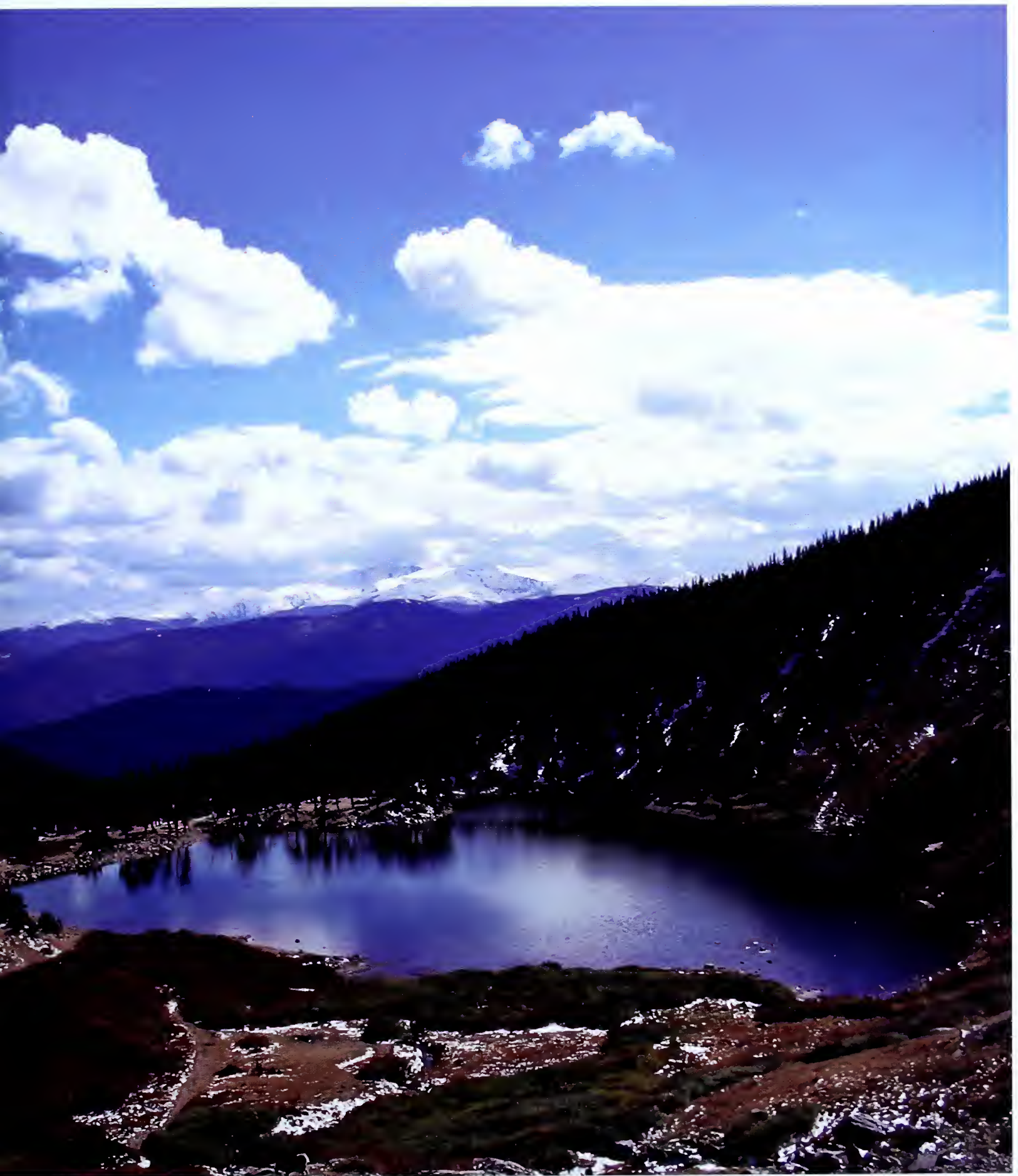
laughter and tear become another step away from our youth and in the direction of our future. Therefore, no matter where our road in life may take us, our direction will be indisputably changed because of the experiences we've had, the relationships we've forged and the life lessons we've learned at Regis. However, at the end of it all, we become aware of the path that lies ahead of us, that which stretches invitingly toward our dreams. And we learn that no matter how seemingly determinant our time here has been, we will leave Regis equipped with the assets and knowledge required to facilitate our trek to the next stop on the road. Overall, as we look to the journeys that lie ahead, we can still value our time here in the highest regard because, together, we are all Just Passing Through...

by Kiley Kroh





Student Life



"This Blessed Plot, This Earth, This Realm, This Quad."

Our school Quadrangle is plot of grass and trees, bordered by some of the most important campus structures, and is the holding pen of all that is good, righteous, and social about Regis University student life. Every day thousands of students journey through this vast plain, sometimes to say "Hi" to friends, sometimes to tell their professors, "Don't worry, I will turn in the paper tomorrow...TRUST me", and sometimes to just sit down and enjoy the Colorado weather. The Quad is also the center for such activities as Frisbee tossing and listening to that fake bell noise emitted from Main Hall that is supposed to tell students what time it is. No matter what the event may be, the Quad is where most daily campus activity takes place.

by Dave Marten

Scarface... She's so hot right now... Scarface!



After sleeping in till noon, these freshmen mosey on over to the cafeteria to devour some delicious dishes.



"Cut me some slack jack, slap me some skin!"



Obviously the P.D.A. police weren't around when these two took a saunter through the Quad. Don't worry, it won't happen again.

Laura Bisio and Beth Carlson wish longingly for a tetherball pole in the Quad. Think about it, who wouldn't want to play tetherball in between classes?



Derek Siegel works his magic with the ladies and eats a cheeseburger at the same time! That's impressive!



Vice President Frank Haug screams, dana na na na na na na na na, BATMAN!



These two young ladies enjoy a beautiful fall day in Regis' own arboretum.

Fr. Sheeran consecrates the blessed sacraments during the Mass of the Holy Spirit.



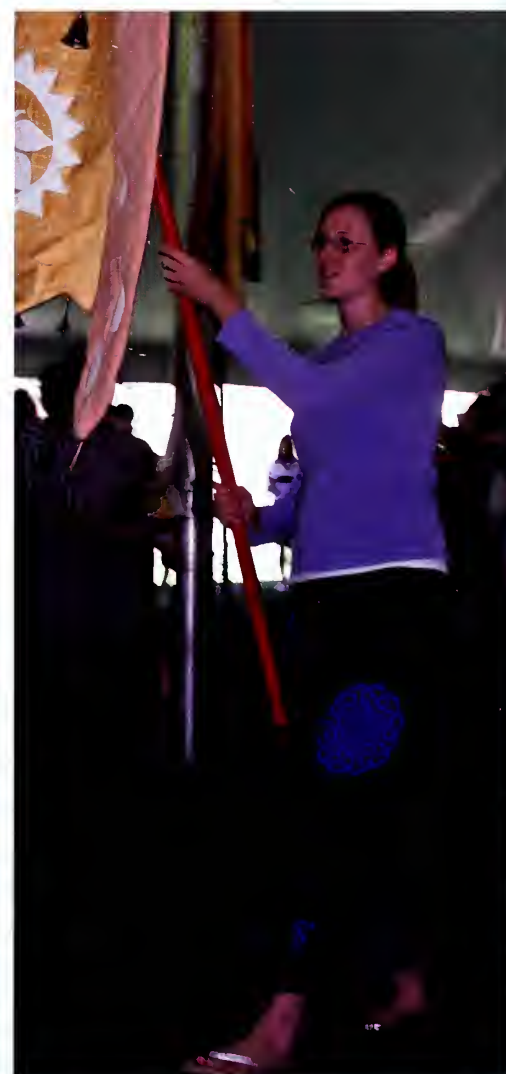
We got a fever and the only prescription is more cowbell!



Grace Brock, Liturgical Music Minister, emphatically directs the choir.



The choir sings jubilantly and dazzles the congregation during the Mass of the Holy Spirit.



Margaret Mailonder corefully carries the flag of the spirit.

Incense is used in the opening procession of the Mass of the Holy Spirit.



Campus Celebrates Mass of the Holy Spirit

Life is a journey, not a destination... and the Mass of the Holy Spirit is a part of our journey here at Regis. The celebration of the Eucharist dedicated to the Holy Spirit has been a tradition at Regis for many years. It is the start of a new year and this celebration helps to give our journey the right beginning. The Mass of the Holy Spirit is held annually in the quad to bring an official start to the spiritual events that take place during the entire school year. This year, students, faculty and staff took a break from classes and work to gather in an energetic and prayerful manner to bring a start to the 2004-2005 academic year. The experience of the liturgy was enhanced by the presence of the Jesuits and beautiful musical accompaniment. Over the years, the mass has grown from an intimate gathering to a campus-wide celebration involving the entire Regis community.

by Katie Hopkins



Kathy Schaefer does a special prayer for new students.

Student Body President, Andrew Cole, lectors at the Mass of the Holy Spirit.

No one is going to believe that I just happened to have these clothes in my closet.

It's not hott in herre- it's just me!



Thursdays Are Always Thrilling

Thursday night, the eve that has become unofficial beginning of the weekend for most of the Regis community. But what is there to do on Thursdays? The parties usually don't start until the weekend, and most of the on-campus residents do not have transportation, or money to go explore the entertainment options of Downtown Denver. Well, thanks to the Program Activities Council (PAC), Regis students don't have to go anywhere other than the Student Center to see top-notch entertainment. I am talking about Thursday Thrills. This weekly event is ideal for the student who does not have a lot of money but is in the mood for a few laughs. As one Claude O'Driscolls said, "The main reason I end up at Thursday Thrills is because I can get drunk in my room and stumble on over without too much trouble." This is the truth for a lot of the student body, but that does not take away from the fact that PAC presents performers that people actually do want to see. Thursday Nights have seen performers who swallow swords, regurgitate billiard balls, and hypnotize any weak-willed person in the audience.

by Joe Keppler



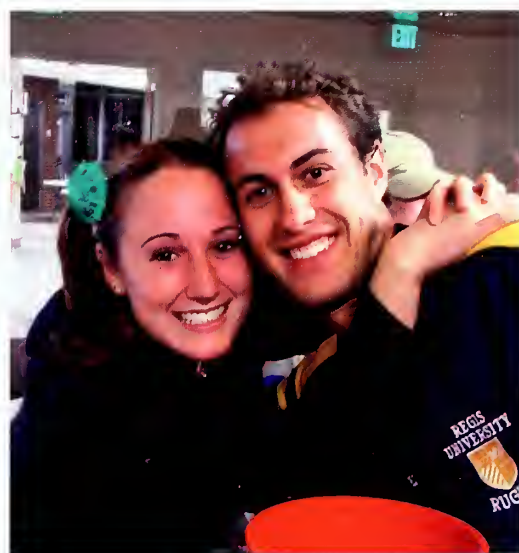
This is a liberal school, so if Sean wants to win a date with Patrick that's ok.

Singled Out remained a popular Thrill this year. The winning female contestant got a date with the studly Patrick Jones.



Sword Swallower Thom Sellectomy enlightened the crowd with some of the finer points of his craft before totally grossing them out with the practical portion of his show.

Well, they didn't like our original tune. How about we try "I've Got You Babe"?



Thrills was a great time for people to socialize with those friends they might not have seen in a while. PAC Co-Director Molly Hames hugs Colin Servis like she has not seen him in several hours.

This next song is a favorite of mine- I learned it in a pub back home.

They took a break for a picture while
taking a breather from the dance floor.



Little did Jaime know that he was about to be sued by Vanilla
Ice under the 1992 "Dance Potent Act".



"I thought there were supposed to be some good-looking guys
here!"



Three ladies show off for the camera just outside of the Steve Forbes
Ballroom



One of the many happy couples who graced the stage at Brittany Hill
for the Fall Formal.



Three weary dancers pose for a picture between square dances.

Natalie has no idea who that guy is but when the cameras start flashing Natalie fakes it till she makes it.



The chocolate fountain stands alone, dateless, unable to dance or flirt, lonely and unappreciated...sound familiar?

Students Dance the Night Away at the Fall Formal

The Fall Formal is Regis University's annual dance for the fall semester. Students can get dressed up, go dance with their friends and have a good time. The Formal is put on by Student Activities to give students a chance to get off campus and have some fun. While you don't have to dress in formal wear, although many do, you are required to wear your dancing shoes! It is also the chance to ask that special someone to do something nice, but a date is not required. Many Regis students just go with their friends looking to shake their booty. Senior Chad McNulty was quoted saying, "I am alone, but not lonely". This year's Fall Formal was held at the Brittany Hill country club on November 12th. Students showed up in full force dance to all different kinds of music. There was rap, country, rock and roll, hip hop, Strauss waltzes and of course the slow songs that every dance needs. Says Sam Prendergast, "I don't know what I am dancing to, but I sure as snow like it!!"

by Katie Hopkins

"Life Isn't A Matter of Milestones, but of Moments."

And there are plenty of moments created during parties and 21st birthdays worth remembering. Some would say that they go to college to merely to make memories like this. "I like to party so that I can forget about all the stress of the week," says junior Kelly O'Shea. Every school year is full of parties and birthday celebrations. They are a way for students to take a break from tests and papers for a night and just go out and have a good time. They also prove that life is not just about work and no fun. Parties are also great places to socialize and discover what's going on around Regis. And we can't forget about one of the biggest celebrations in a college student's career, the 21st birthday! No one will ever forget their 21st birthday... well maybe some of them. It's a landmark engrained into the fabric of our society, a rite of passage when we finally and truly become adults. No more pretending to be a friend or brother or sister, the alcohol is now legal, and we like to enjoy it. "I can't believe they cut me off- it's my 21st birthday!" said senior Laura Shaw after her 21st. "I swear its just Gatorade," says junior Beth Carlson. "I have this cut on my face that I'm not sure where it came from, but alcohol might have been involved," says senior Laura Shaw. "Laura, be nice to him he's taking us home," says senior Meg Hosty. "Does anyone have money for Taco Bell?" says junior Katie Janda. "It's going down like water!" says senior Nikki Lawson. Just another leg in the journey at Regis.

by Katie Hopkins

A partygoer enjoys one of the staples of Regis party life, Keystone Light.



"Where did Brandon Jones go?" These party animals look for their camouflaged brother-in-arms.



Senior John Mc... and (K) are just out to have a good time... and to look pretty in front of the camera. Say cheese!



These boys party like it's 1999, but wait...it's 2004.

Molly Hames wants a golden ticket and Joseph Keppler is just the guy to give it to her!



Tollen Merrick and Pat O'Neil get their groove on during a raging Regis party.



Five students "Party Hardy" with fast food at a local dive, "The dudes, man...These dudes are the funniest!!"



Diana Scott and Bridget McLaughlin look purrfect on Halloween night. Does anyone else see royalty?

...I got a 3 day timer on my pants here
...help immediately! Over and out

Did I hear a timer in there?



Will Horn and Ed roon LOVE living together in the
townhomes. They also like girls, they swear.



What do you guys want to do? I don't know, what do you
guys want to do? I don't know



A group of West students pile up to watch the first season of "Wings"
on DVD

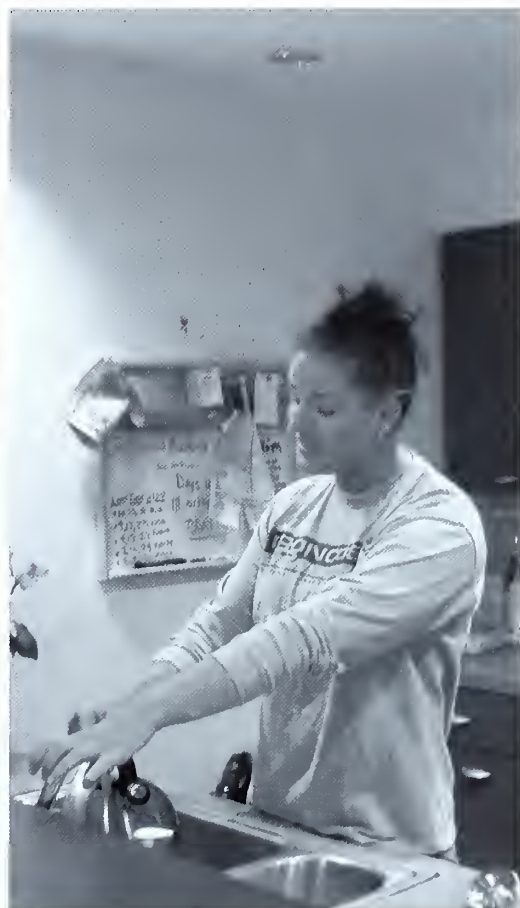
"My Townhome makes me very, very happy"



"Old Soldiers Don't Die, They Just Fade Away" -West Hall Resident

And many of these "old soldiers" and upper classman take the opportunity to remain on campus after their freshman year and take residence in West Hall and the campus Town homes. Known as a hotbed for intellectual activism and violent political debate, both residences are a constant source of excitement and the high energy that one is accustomed to on the Regis Campus. Mike Doolan says, "I would have been a fool not to have moved here for my sophomore year; there is always something going on! Last month we had a 'Camus week' which drew a big crowd. Next month is the celebration of the second anniversary of the Regis Mann Act, where everyone is required to bring their favorite Thomas Mann translations to the commons and discuss which one is better. Vive la Town homes!!!"

by Dave Marten



"I just adore doing dishes...although it really does a number on my hands. I need moisturization, stat!"

Two students bask in the warm rays of human fellowship in West Hall after class.

Bill and Fred have been known to put together their internet research papers in the computer lab, so most of their research time is spent there.



FRESHMAN DORMS

"You will never find a more wretched hive of scum and villainy. We must be cautious."

-Campus Tour Guide on entering DeSmet Hall

A person once said that "There is nothing more helpless and depraved than a man in the depths of an ether binge." This person obviously spent his freshman year on campus at Regis University. What is likely the most memorable part of the freshman experience can also be the most traumatic part of the first year spent at the University. Whether it is long nights writing papers while the maniacs outside your door run around like savages from an early pirate movie or mornings spent in apprehension over what one will find dumped in the dorm showers, life in the residence halls teaches freshmen the necessary survival skills that will carry them through the rest of their college careers.

by Dave Marten



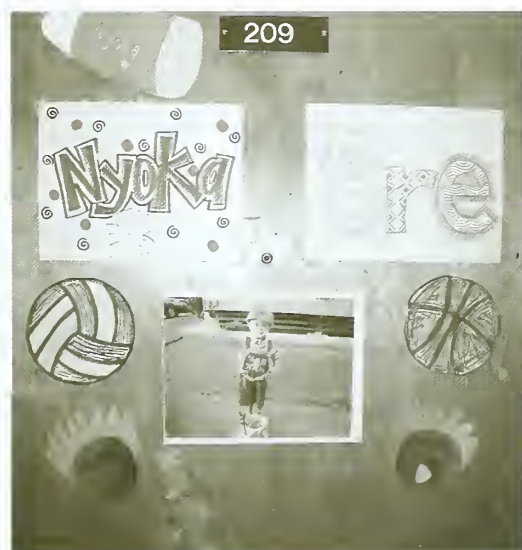
Friendships forged in the trenches of the Dorms last a lifetime. Here one Freshman consoles another after robbing him of his "Munch Money."

The flicker of a fluorescent light and the cold, gray, soiled carpet are images burned into the mind of every Regis Freshman and will be the source of many future memories as well, most of which will be fiction.



Students sit in the dining room, discuss the travails and news of the day and eat F.M.M. ... Food of Mass Malnutrition.

Freshmen smiling after finishing a meal in the dining hall, their bellies full of food and their minds full of lust for the future, a future that will bring affordable and reliable Robot Butlers to all.



Dorm life is sometimes defined by a staunch regime of visual stimulation and artistic displays that bring into question the very foundation of modern life.

One Freshman student expands his mind by engaging in the educational programming of BBC America.

The City Sackler Symposia brought about a much needed break from the text books while students joined in some good old-fashioned sack rule fun.



Unexpectedly, Liberty, Fabo, turned up at the City Slicker Olympics and wowed the freshman with his brute strength and dashing good looks. Thank, Fabo, you really made this an event to remember!

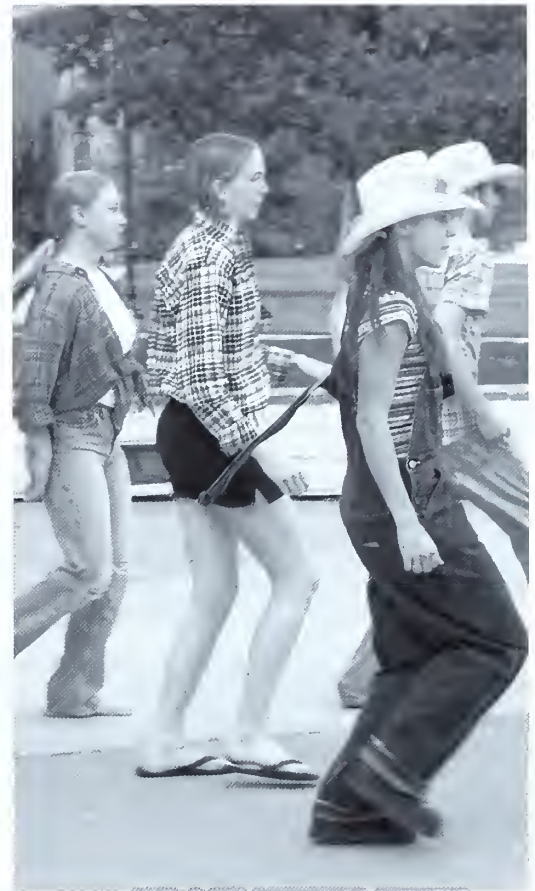


Don't tell her, but there's a sign taped to her back...HAHA!



These boys bob like they've never bobbed before in hopes of attaining the forbidden fruit, the alluring apple. Good thing they're clad in plaid and not naked, like the story goes.

These freshman enjoy a hearty line-dance after being sucked into it by their RA's. Ah, the joys of superiority!



Two of the hottest RA's on campus, Kate and Emily, show the camera that they're not too hot to trot. Congrats ladies, you win gold for lookin' good!

Pretty Slick City Olympics

One of the most popular traditions of a Regis Fall Semester is the celebration of the First Snow. Every year the Student Senate prints T-shirts with catchy designs and slogans that record the date, time and amount of the first snow that graces the grasses of the Regis campus. A few days later the Student Senate sells the shirts in the Quad, handing out free hot chocolate and cider. The event reaches it's climax with a rip-roaring "Frozen T-shirt" contest and the "Faculty Face-Wash," where professors tackle problem students and stuff their faces in the snow.

The Hillbilly Olympics is another such celebration that students look forward to in the fall of every year. Participants engage in "sports" of a most extreme and "backward" nature. A fan favorite is a game called, "The South Will Rise Again." Another fun activity is "Dress Up Your Pig," where students can dress and accessorize a pig in whatever clothes they wish. Yee-haw!

By Dave Marten

Winter Break

It is Finals Week. You haven't slept more than four hours in one night for the past week and a half. You've studied, crammed, and written pages upon pages for your classes. The amount of work you have done both amazes and sickens your mind. You are probably sick from malnutrition and mild caffeine poisoning.

After all that, Winter Break is pure and simple. It is a time to go home to family, to take a break from classes and break into a fruit cake. It is a time to think about next semester, and if you are graduating, a time to think of debts. But it is a period of time, and everyone needs time, time to think about what they will do next. During this Winter Break, students engaged in a plethora of different activities. Some went to see football games and others saw movies or went skiing. Others raced hot-air balloons, the most graceful way to travel in the skies. Some students baked sweet breads with their mothers while their classmates drank sweet German wines with their fathers. Whatever they did, they made sure to keep their eyes on the horizon, because the future is out there, and it waits for no one.

By Dave Marten

If ever a present you should need,
The best gift, if any, would be a steed,
If a steed you cannot buy...



This trio spent their break at "Harold's Opium Den."

These students spent their break in the service of others: the true test of a Jesuit student.





"And some folks say, he's still up there..."

The Holidays are a time for togetherness. This man is posing for the camera with his lawyer.



This group shows that Winter is truly the season of class.



The most desired way to spend the break is to be away from family, food, and presents. Usually the only place where all three are absent is on the slopes.



"Dewey Wins In Landslide!!!"

Joanne and Meaghan getting a photo after a fun-filled day at the office.

Joanne and Meaghan off the mats at the movie theater and ended up getting a seat at Ocean's 12. Thank you, thank you. Please, no applause



Meaghan daintily chomps down on some grub as two of her mole co-workers watch in amazement of her eating abilities.



Thimot Meaghan smiling because she enjoys her job that much!



Joanne wants ya'll to come round the office and participate in her activities, ya hear?

his faceless mass of hair works in Student Activities. Be afraid. Be
very afraid.



Students Sure Enjoy Their Activities

The Student Activities Office cannot really be defined without looking at the effects that it has on the Regis community. You hear about the workings of Student Acts on a daily basis, whether it be who won the intramural football championship, how great Thursday Thrills was this week, or the next event of the Regis Outdoors Club. The Office of Student Activities is the hub for all the events, organizations, and clubs that are operated by students here on the Regis Campus. They "actively pursue the development of a positive, supportive, and inclusive sense of campus community at Regis University." Any student that decides that it is time to get involved with the school in which they are investing oodles of time, money and effort into can do so simply by going up to the second floor of the Student Center. There you will find David Law, Director of Student Acts, and Assistant Director, David Bourassa, who can get you in touch with a number of different organizations such as PAC, The Best of Colorado, or the Regis Ramblers. Student Activities' office has also assembled a gaggle of capable, committed students, such as Sarah Gunsten, Jeremiah Keelan, Neal Valorz and Diana Scott who seem to always be around, ready to plan the next event that will wow the students of Regis University. So the next time you are enjoying yourself at a campus sponsored event, look towards the student center and quietly say to yourself, "Thank you Student Activities."

By Joe Keppler



Angel Amy Noyes wants YOU to join forces with Student Activities!

"Jeremiah! Is that a large piece of decoration, or are you just happy to see me?"

...and green, white, after returning
...and green, white, after returning

...and green, white, after returning
...and green, white, after returning



Retreats Offer Time for Reflection

University Ministry serves the Regis Community in the Jesuit tradition to provide all of its member's opportunities to practice their faith. University Ministry offers Sunday and weekday liturgical services, weekend retreats and days of reflection, spiritual direction and advising, Christian Life community gatherings, scripture study, special University community celebrations, reflection on justice issues, and service opportunities. Members of the University Ministry are there to help the Regis community respond to the invitation of St. Ignatius Loyola to "Find God in all things." They work to keep faith alive in our campus community and strive to involve it in the larger Denver community. Helping people develop and use their own gifts from God is one of the goals of this group. This can be accomplished through several different retreats, which all offer students and faculty a way in which to meet new people, continue their faith and build friendships. The retreats include Fall Outdoor Retreat, Starting Now, Urban Plunge, the Kairos Retreat, Catholic Spiritual Traditions Retreat, 24-hour Retreat, Retreat with University President Father Sheeran, Busy Student Retreat and Retreat in the Workday. Each of these retreats is unique in its format, but all function to aid in the spiritual development of each participant.

By Katie Hopkins



"Once upon a time, there were these two girls sitting in front of a fire in the mountains, when all of a sudden..."

Colin Ferro looks on in amazement as his fellow retreatants dazzle him with spirituality.



The entire K-12 group poses for a picture next to the mill. And don't worry, that guy in front didn't fall off.

This smiley group of retreatants enjoy making others laugh by performing a skit during Kairos.



Monica quietly reflects as the Lord's light shines down upon her.

Connor, Risschie, and John snuggle up together after getting "close" on Kairos.



Just visiting the fitness center is so hazardous that our photographers had to sign a binder full of waivers.

Carolyn Dietrich gets into her music when she runs, and that's ok. Keep on runnin' Carolyn.



Weightlifters. Yeah, we think they're pretty cool too.



If I could just reach this bar my life would be a lot better.



Matt Wickerson works on his glutes at the back squat rack. We tell our photographers to take pictures of people's faces, but there were clearly some extenuating circumstances here, as in his nice backside.

I was thinking about running on this treadmill, but then I realized it would require running... So for now I'm going to fool around with these controls and maybe it will look like it's broken or something.



The Fitness Center Staff is always ready to take your ID, spot you on bench, or brighten up your day with a wonderful smile.

I'm Going to PUMP... You Up!

Although Sergio's arms were thicker than his trainee's head, he still felt compassion towards those people whose physical fitness was only sub-par. That's sort of how the fitness center workers feel. Whether you're feeling a little flabby or hoping to turn that 4 pack into a 6, the fitness center is at your service. Weight machines and free weights are always there to pump you up. For those of you who run out of breath at the top of the stairs, don't fret, the fitness center is here to help. Elliptical machines, stair-steppers, and treadmills are always there, awaiting your arrival. So as you ponder whether or not you prefer to be lazy or active, think about Sergio and know that he's waiting for you, ready to pump you up!

by Bridget McLaughlin

Don't They Just Make You Sick?

Aahhhhhh... college. A time to get away from home, learn new and exciting things, discover what you want to do for the rest of your life. But more than that, it is a time to meet your soul-mate. College has the distinct advantage of allowing someone to date four or five different people at once. This gives the individual the opportunity to discover what it is that they want and don't want in a life partner, but also gives the other five people the opportunity to see that they are dating a lying bastard. When you finally do find the person you want to settle down with, at least for the next month or so, you become a Campus Couple. This is a distinction which will follow you wherever you go, bringing about questions such as: "Hey, how's Melinda doing," "Hey, did you hear that Melinda was with that Tom guy at the party on Friday," and "Why did you and Melinda break up?" But, having a partner on campus can be a great experience. It means that there is always someone there to help you with homework, hold your head up after a long night of drinking, and sneak into your room without the RA's knowledge. Just a couple of words of advice for those who do believe in coupling on campus: 1) Do not abandon your friends for this person, or when you break up you will have no friends left. 2) Be prepared for the end of college break up. It was fun while it lasted but its not going to last. And 3) If you are going to cohabitate, shut the blinds, Will!

By Joe Keppler

This couple stopped for the camera, saying, "Are you sure that you work for Newsweek?"



Tab and Carolyn cuddle up together, showing us all the joys of love.



Christina and her boyfriend, pictured here before their purchase of a luxury time-share in Lake Elmo.



This couple is expressing their love physically, in the modern style of our time.

Yeah, we're a couple. A couple of heterosexual guys that run Regis University with an iron fist. I'm the good looking one on the left if any of the ladies would like to know.



Unluckily, Brenda smelled the drifter sneaking up behind her before it was too late.



Scott and Brittany show the Regis community just how much fun a relationship can be.



It warmed the hearts of everyone there to see this old sea dog and salty pirate wench find love.

The grad was the dancers' mammoth, Jackson's Hole 2005 was underway again.



These girls got down to shake their booties, the Regis University campus pastime.



So you like to wear jeans?????"



Laura basks in the warm light of friendship and camaraderie all the while mesmerized by the strobelight.

re you wearing Old Spice?"



Jackson's Hole

The name says it all. Unless you are one of those who weren't able to attend, or if you've developed selective amnesia, you know that Jackson's Hole is a highly-anticipated opportunity for Regis students to hit the town with all of their friends and none of the usual hassles. It is really a fabulous arrangement: transportation is covered, all ages can get in, there is no chance of being bothered by creeps (except for that "special" person in your psych class), and practically half of the school is there! What can be better? Jackson's is definitely one of the hottest Thursday Thrills of the year (and not just because they had the heat up a little high for the first hour). Not only is the night fun, but it is also a great opportunity for students to escape from homework for a few hours, unveil their artificial winter tans, and show off their sweet dance moves for anyone willing to watch.

By Kathy Korsmo



From behind the bars of his cell, Jim "Snakebite" Severs still gets to "party down" with the locals.

"Don't tell my heart, my achy-breaky heart."





Academics



...with daily tests, more extreme
...to a major depression (right)

...want five hundred large anchovy pineapple pizzas NOW!



Run for the door or stay for a yearbook photo? Russ thinks about making a break for it while fellow classmates wait anxiously for pizza.



An unidentified business major sits in class thinking to himself, "Declaring business as a major just because everyone else did may have been the best idea."



Jared and Wes just found out about this whole reading thing. Jared was overheard later as saying "Wow, we should have been doing this all along!"

She's so good at accounting that she doesn't even need to take out her book for class.



You don't do well in my class, I will crack you like an acorn and store you away for the winter!

Business and Accounting

Adam Smith once said, "The years that remain the fondest in my memory are those that I spent as a young man in the Business and Accounting departments at Regis University." The Business and Accounting Departments give students a broad foundation of knowledge in their respective fields that will help them gain employment with prestigious companies in our rapidly changing economy. Junior Steve McAdoo says, "I have learned a lot about the business world here at Regis. The teachers have all become my close friends over the past few years. It really has been a lot of fun."

The Accounting firm is really a haven for "Fun With Numbers." Undergraduate students use adding machines and abacuses to learn the subtle points of tax shelters and accounting law. When asked what his favorite accounting class was, Junior Gus Casserly replied, "Learning to Write Things Off" . . . the class is both interesting and useful." No matter what you like or what you are like, you will find useful knowledge in both the Business and Accounting departments.

by Dave Marten

English and the Writing Center staff pose for the camera in MLA format.



English and the Writing Center

The English Department, arguably, is the best department on campus. No other group of professors at Regis University may be as witty, intelligent, honorable, or heroic. Whether they are discussing the symbolism of "stuff" in the poetry of William Butler Yeats, or reenacting the Death of Richard III with plastic weaponry, the English Department creates courses where students experience first hand the glory, valor and beauty of language. Senior Billy Skerret has nothing but the utmost of praise for his English professors: "They not only make me smarter but they have formed me into a perfect human being." Dr. Daryl Palmer comments on the English Department experience saying, "The only thing that we do not provide in the classroom experience is a catered luncheon, otherwise, we have all our bases covered." Junior Leslie Halligan says, "In one class this semester Dr. Bruhn read 'This Lime Tree Bower My Prison' by Coleridge. . . It was all I could do to keep from weeping." Everyone agrees, if you want to learn with the best, you'd better sign up for an English class.

In conjunction with the English Department, the Writing Center provides a friendly environment that helps students hone their writing skills. The center employs students who will read just about anything you care to bring them, and they will do their best to help you make it better. This is one priceless service that students take advantage of every day of the year.

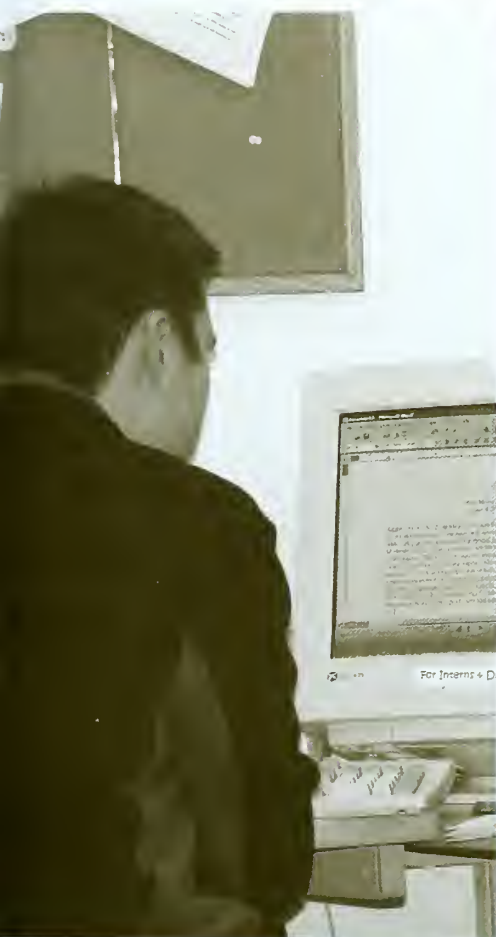


The English Department shows that just because you are smart doesn't mean you can't have a nasty attitude.



The Writing Center staff shows that writing is really all about togetherness.

Carol Rossini tries to hide from a Writing Center patron.



Another sleep-deprived student tries to finish a paper on The Monk.



Fred Lamming and Dr. Bruhn entertain the class with a rendition of the "H.M.S Pinafore."

But Edmund says happiness emanates from anyone who studies philosophy.



A student enthralled (or sleeping) over Mill's utilitarianism.



Claire listens intently during a Philosophy class.



Sociology professor Eva Garza poses for a quick shot.

Karen Adkins shows her students the joys of Philosophy while maintaining a strict no-carb diet.



Philosophy and Sociology

The Philosophy department at Regis strives to give its students a sense of what Philosophy has been and what it has evolved into. The Philosophy major at Regis aims to prepare students for whatever discipline they may choose in their life. The department sees itself as continuing the conversation between two historical traditions, Eastern and Western. They look at many different subjects and critically examine them in order to make sense of all the disciplines students may encounter. Students study topics in religion, love, ethics, social issues, literature, history, science, aesthetics, health care, death, politics, law and contemporary issues. All of these subjects combine to give students the skills to be successful in any professional area they choose.

The Sociology department at Regis University strives to get students to look beyond themselves and into the broader issues of the world around them. The study of Sociology is an examination of social interaction, collective behavior, and the manners in which people construct their lives in society. The major focuses primarily on human issues, but also offers courses in environment, family, education, criminal justice and anthropology. Courses not only look at our own society but those of societies around the world to help students obtain an understanding of our world as a whole.

By Katie Hopkins



"What if a mob of angry bikers burst in the room, guns in hand, looking for Steve Doty? What would you do?"

Students stare fixedly at Adkins' ham sandwich during her "Selected Feminist Thinkers" class.

Psychology & Education

The Psychology department at Regis University is designed to prepare its students for a variety job fields, providing them with an overview of skills in the field of Psychology. Psychology is defined as the study of behavior and mental processes. There are many different subdivisions of psychology and Regis offers opportunities to gain experience in all of them. One of the students' favorites is the Rat Olliimpics (and yes, that is how it is spelled). The Rat Olliimpics occurs every spring in the basement of the science building as an exhibition of what we can learn from Psychology. The learning and memory labs compete against each other and each rat is trained in the ladder climb, hurdles, pentathlon or maze; the best rat wins the day.

The Education department at Regis University is widely respected in Colorado. The faculty and staff follow the Jesuit tradition to prepare students for their influential role in the professional world. The program is also affiliated with several area schools so that students can get the classroom experience they need to become successful educators.

By Katie Hopkins

"I promise, the human-chimpanzee brain transplant is really painless. Just attach these electrodes to your skull...and get that camera out af here!"



Mr. Guyot and student became unsuspecting victims of hypnotherapy.



"Now you'll finally see what I've been doing in the basement all of these years..."

to color inside the lines, Suzie."

Dr. Barker helps two students understand what exactly it is that she wants them to do.

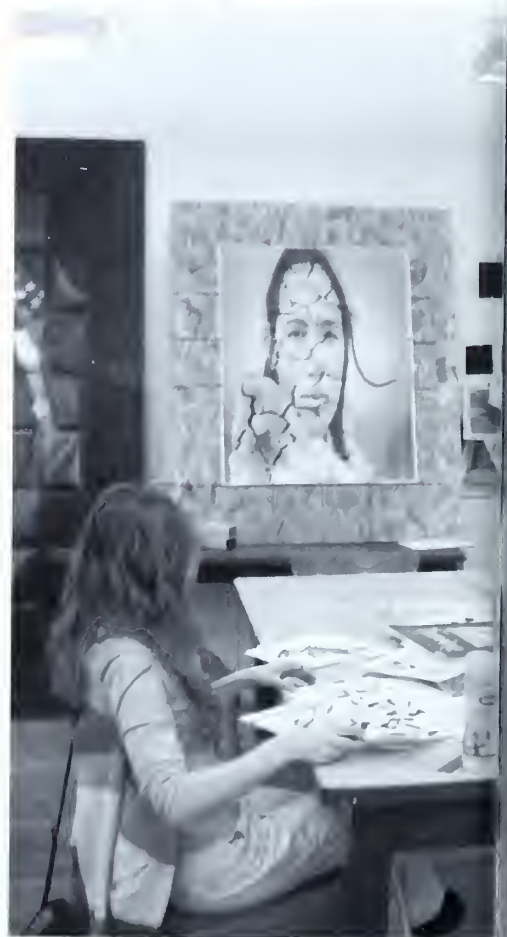


A group of future teachers plotting their coup of the classroom.

Here Sarah shows off her self-portrait to her fellow Education students.

Art students learn to use various tools and techniques, such as drawing, painting, and sculpture.

A male student works the crowd into a patriotic fervor with his moving rendition of 'Over There.'



An Art Department faculty member reacts to final portfolios during the last week of classes.

This art student is pondering if beauty is truth...or is truth beauty?



"If I put a line here, and another line here, I will have two lines on a blank piece of paper."

"I should have gone to Med school."



"The piano student 'Hams it up' for his teacher by playing 'Muskrat Ramble.'"

Fine Arts and Music

The ability to express one's self has been the pursuit of every intellectual mind that has ever graced this earth. The modes of this expression have been vastly different, and many fade away or become outdated. Art and Music, however, are expressive entities that can take us on a journey that opens our eyes and hearts to free expression that we could not know simply through words. Put on a record of Bach, close your eyes, and just let the music wash over you. There is no thought involved in this process, just emotions. That is the beauty of music and art; it has the ability to bypass the brain and head straight for the soul. In order to truly gain the full Liberal Arts education, one must explore this other world of expression. Regis offers opportunities for growth in painting, sculpture, photography, chamber orchestra, choir and many other fields. Gene Stewart-Huidobro, chair of fine arts, and Mark Davenport, director of the music program, want to give the students at Regis University as many opportunities as possible to find something that interests them and allows them to express themselves in ways they never thought possible.

By Joe Keppler

Kelly Mendez makes a wicked plate of Éclairgot



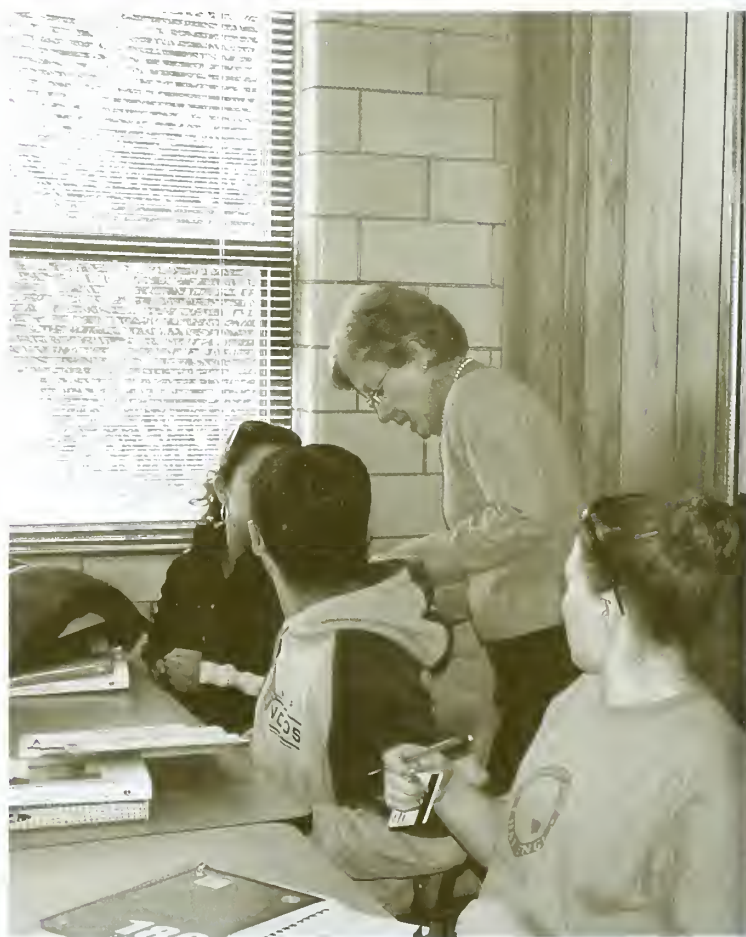
Language and Communication

Have you ever wanted to go to a foreign country? Most would find it hard to travel to a foreign country without knowing the language. Simple things like ordering a Fanta or buying a leather handbag become much more difficult when a person doesn't know the language.

Luckily, the language departments are there to teach students in the study of Spanish, French, and German.

Much the same, the Communication department offers majors and minors which provide a comprehensive experience in the wide world of communication. Students take courses from speech communication to video production, building strong experiences that will help them to become experts in communication.

By Dave Marten



"Ou est mon stylo?...No, I am not talking about a sandwich!!!"



"Today I am going to talk about speech; can anyone tell me what Speech is???"

Dr. Arne G'Schwind makes a living acting like an intelligent person.



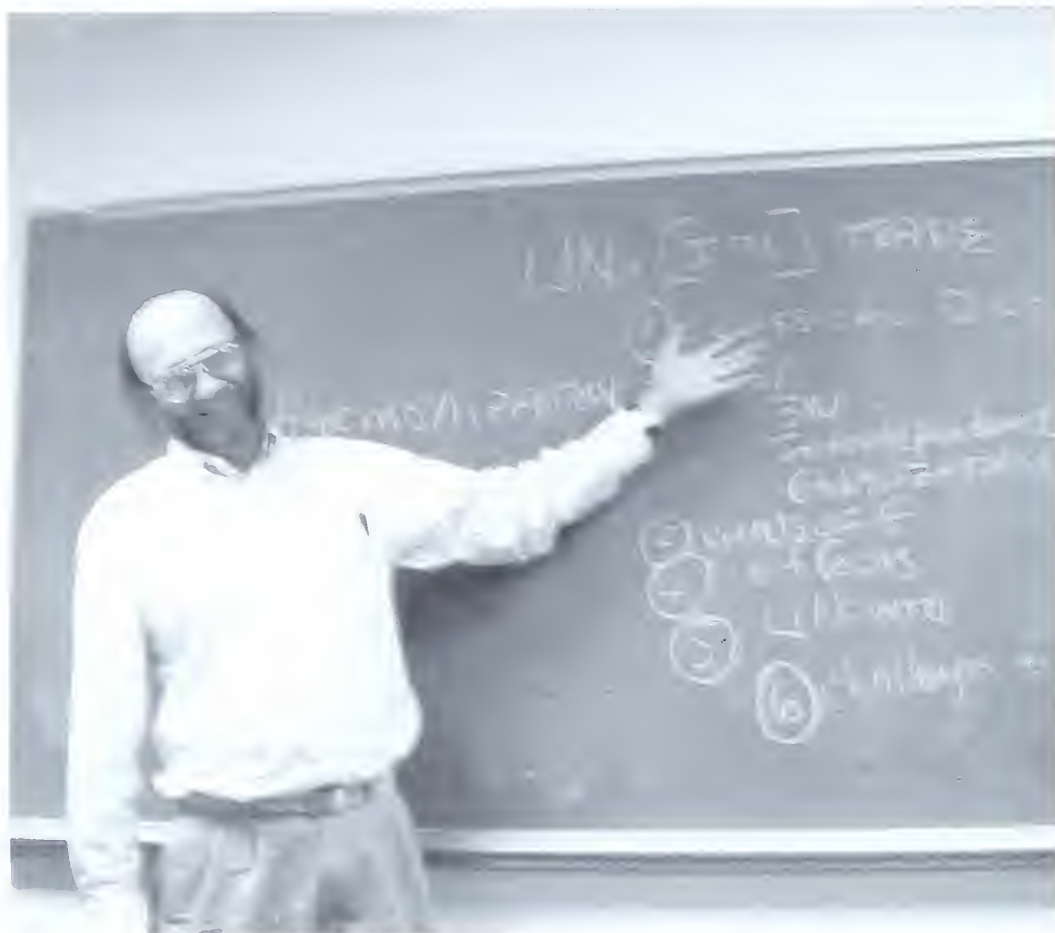
Janelle Hill leads the Communication Department and teaches students why European Cinema is really cool.



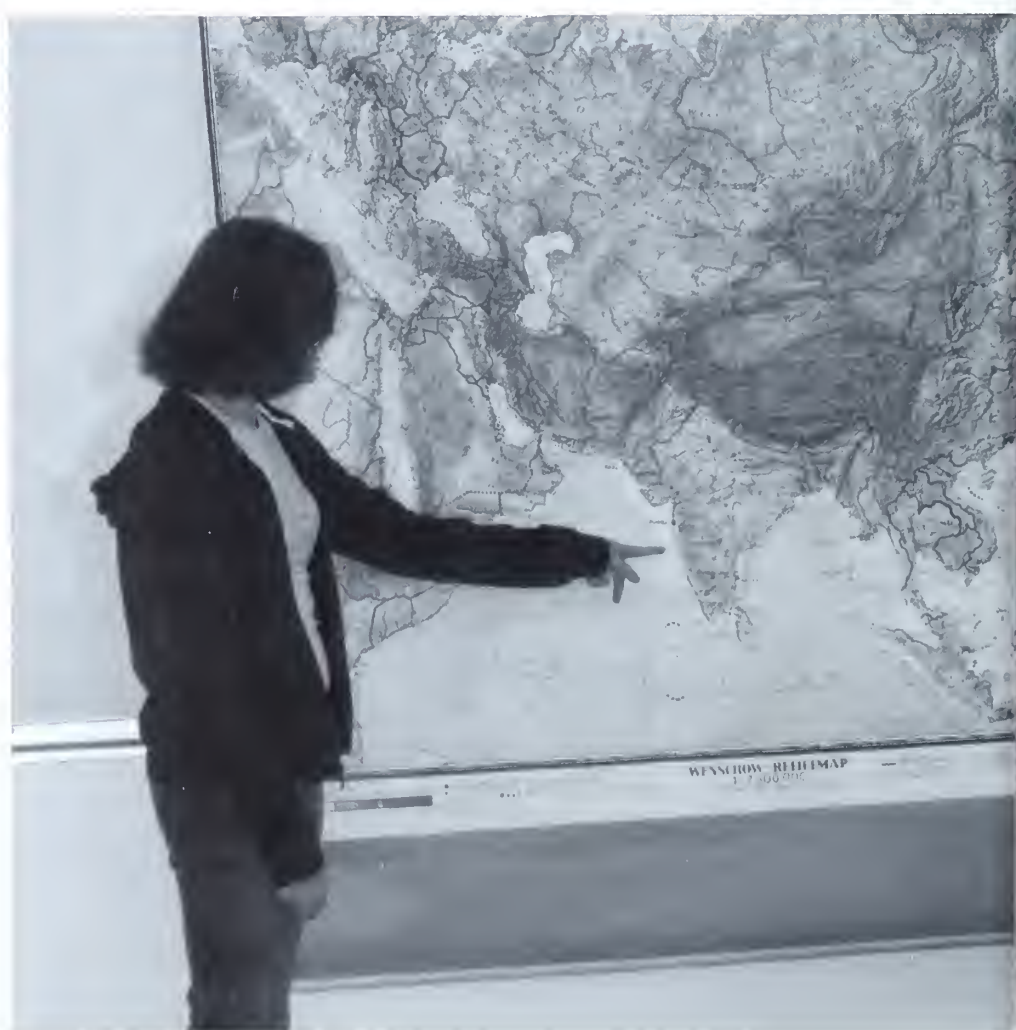
"I should have been a grave-digger."

...and the whole world is going to know him and love him and who he is and he is him.

Maria Hohn: "Hey guys I'm the outdoorsy type. I like to hike, swim play...WINK. That's right, I said wink."



Puffin's Amber Johnson "GIVE ME SCHMIDT OR GIVE ME DEATH!"



Brittany Huns displays uncanny geography skills in finding the little known country of India on the world map.

...ther Guyer taking down the names of those who will need
conciliation for cheating on the last test.



Politics & History

Whether it is a lecture of how "60,000 were slain during the first day of the Battle of the Somme" or a rough "discussion" of the benefits of socialized healthcare, students can depend on being challenged by the History and Politics Departments. Armed to the teeth with over a millennia's worth of amassed study in the Human Experience, these departments serve as the "meat and potatoes" on the transcripts of many students. Professor Dan Clayton says, "We like to talk about the casualties, the blood and guts of history," and without this, no education at Regis University would be complete.

by Dave Marten



Politics-Andrew Cole pays homage to his most beloved professor, Dr. Terry Schmidt.

Wouldn't it be amazing if Tom Cruise sat next to me!

Religious Studies

The Religious Studies department seeks to provide students with a background in the Christian religion along with an introduction to other religions. There are many different types of courses offered at Regis, enabling students to gain an overall understanding of the Christian religion, with hopes that Religious Studies majors will experience religion in a way that stays with them for their entire lives.

Regis University is a Jesuit institution, the only one in the state of Colorado. In the tradition of the Jesuits and their founder Ignatius of Loyola, Regis University strives to educate men and women to be leaders in the service of others. A Jesuit education is not just about getting a degree and a job after graduation; it is about how we live our lives. As students at a Jesuit institution we are called to participate in community service. By doing this we hope to find a way to impact society by encouraging ourselves and others to make intelligent choices that will promote positive change.

By Katie Hopkins

Disclaimer: we fired the Yearbook photographer who took this picture.



No smiles are seen here, as the pursuit of spirituality should always be undertaken in the gravest of manners

Brian listens intently while the girl next to him wishes she hadn't woken up for this.



Kane attempts to cast the spell of the "Holy Spirit" on his class.



Dr. John Kane lectures during the 2005 spring semester in a Religious Studies class.

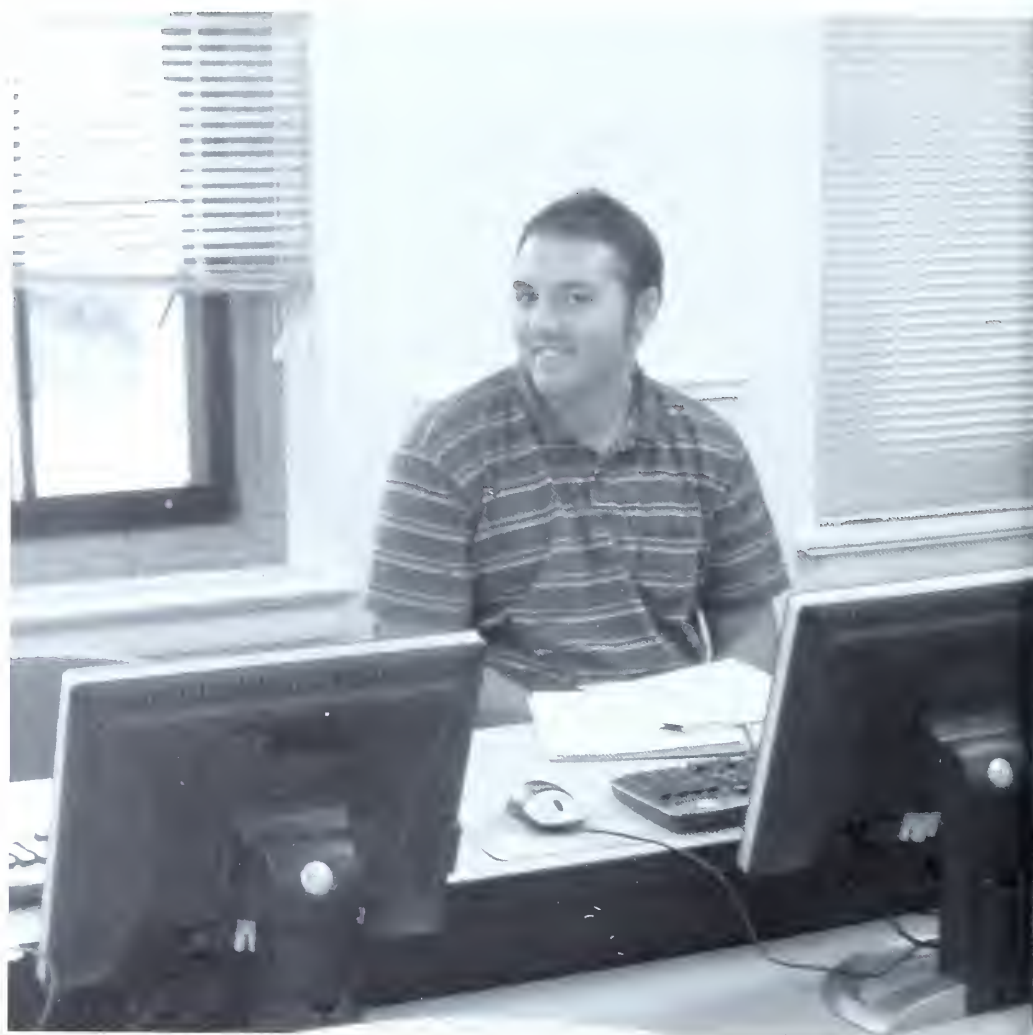


One of Dr. Leiniger's talents is that he can move faster than the speed of light, making class time an exercise in Quantum Physics.

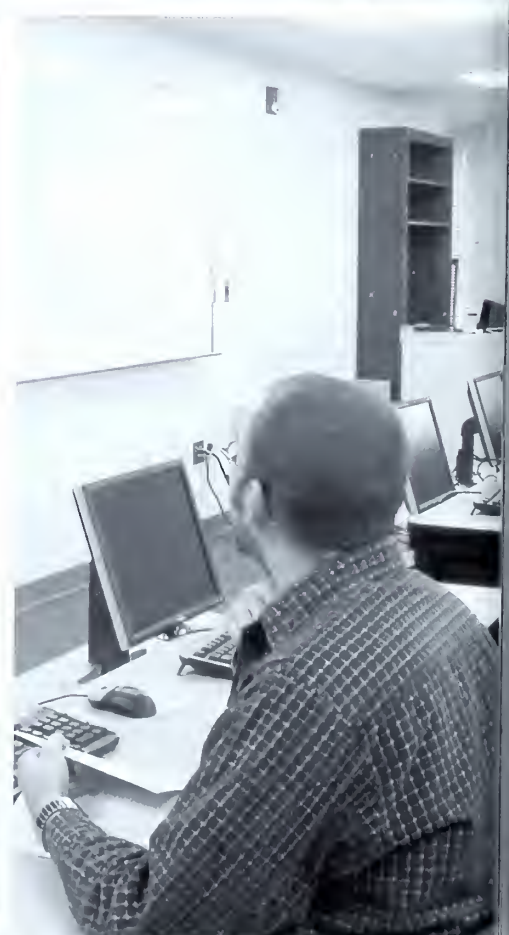
"And we do this all 'Ad Majorem Dei Gloriam'"



Even the heart of the coldest computer scientist can be warmed by the sight of two mice in love.



Andrew Salter was able to join the Regis University Computer Science Department this year as an affiliate faculty member.



While Gerald was unable to complete his android during this class session, he was able to devise a plan to collapse the banking system. THE ENTIRE WORLD.



Dr. Duchrow lectures during an Advanced Calculus class.

Mathematics is one of the most dynamic, rapidly growing, highly applicable academic disciplines.



Simms has been a long time pillar of the faculty in the Math Department.

Computer Science and Math

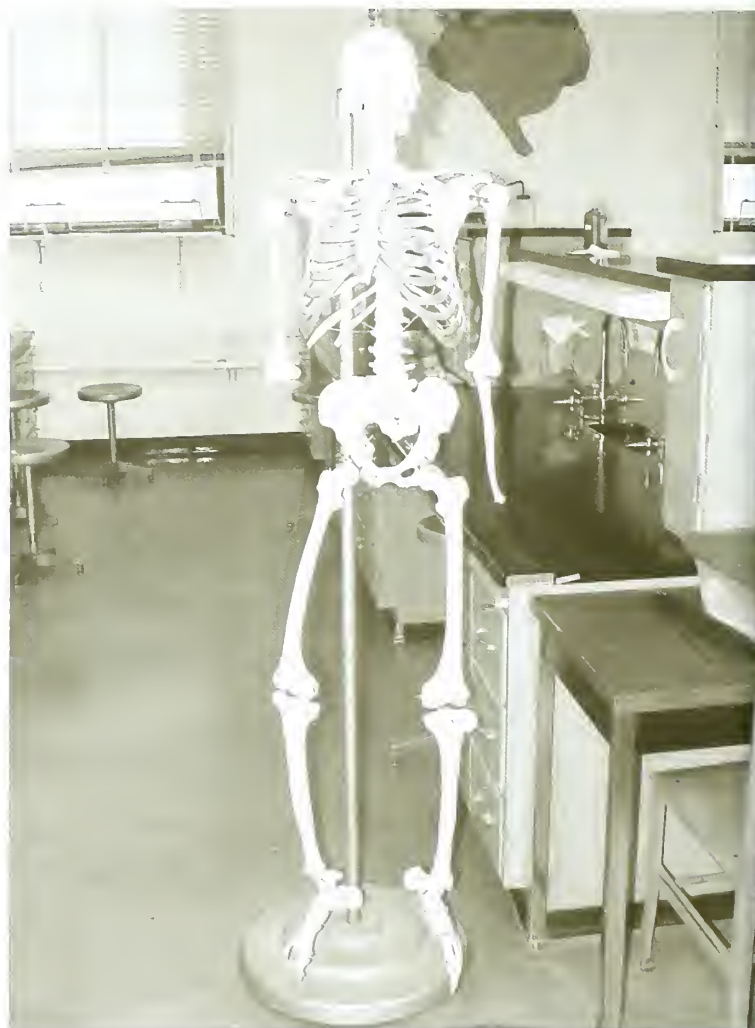
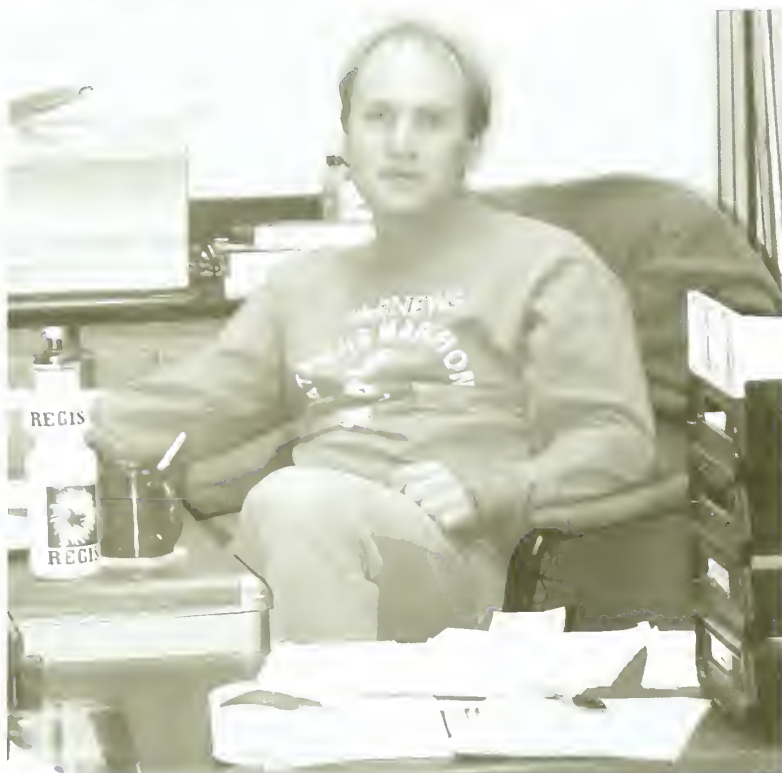
Dr. Felix Schultheifer studied the computer screen closely waiting for the anomaly to appear. The endless stream of numbers formed beautiful patterns in his mind, just like in Ron Howard's "A Beautiful Mind." Schultheifer placed his left hand, palm down, on the table and continued to scroll through the code. He was hoping for a miracle, he was hoping to find the key to the Supreme Robot. This is just a brief glimpse into the exciting and dangerous world of Computer Science as it exists at Regis University. While Dr. Schultheifer is a fictitious character, he is based on various conventional stereotypes, which is as close to truth as many of us get.

In the Math Department students learn how to "crunch" numbers and enslave them for the benefit of the human race. The program consists of in-depth courses that both challenge and enrage Math majors while also adding a taste of class to the University overall. Senior Herbert Gustafsen mentions that "I like being a Math major because there is always only one right answer; it really cuts down on all the static." Famed German philosopher Friedrich Nietzsche adds, "Mathematics is merely the means for general and ultimate knowledge of man." It is this knowledge that allows many students to enhance their journey through Regis University.

By Dave Marten

...Hybridization Between
...three hours in the Biology Lab.

...Chemistry Laboratory, contemplates what life may well
...the future, the future is a mystery.



Biology and Chemistry

Educating students to be scientists engaged in the world, the faculty of the Biology and Chemistry departments are constantly enticing gullible students (who do not know what direction their life is going) to become science majors by offering cookies, coffee and doughnuts in their offices. There is a war going on, one that is not seen by the untrained eye, a battle for the minds of perspective students and there have been many casualties. Leading the campaign are Dr. Joan Betz of Biology and Dr. Kimberley Waldron of Chemistry. Dr. Betz's goal is to "offer an exceptional learning experience in the Jesuit tradition of academic rigor and a value centered education, in which students acquire the skills, knowledge and broader understanding necessary to prepare them for a variety of careers and for fulfilling lives as citizen-leaders in society." It is obvious that the Biology department is grooming its students to go out and overthrow society and institute a New World Order of Biology-based ideals.

by Joe Keppler

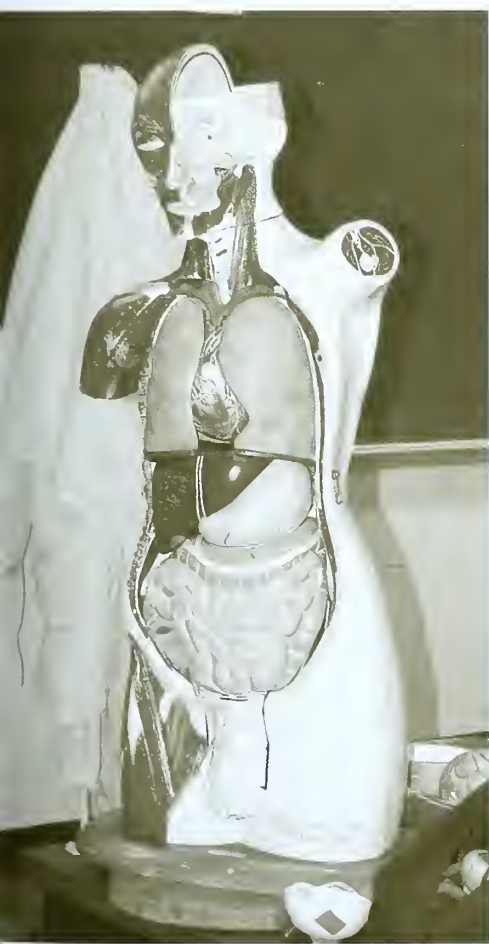


Dr. Joan Betz and an unknown student conduct an after-hours biology experiment which contains unspecified complicated processes. The experiment is to further the research of Mr. Skeleton.

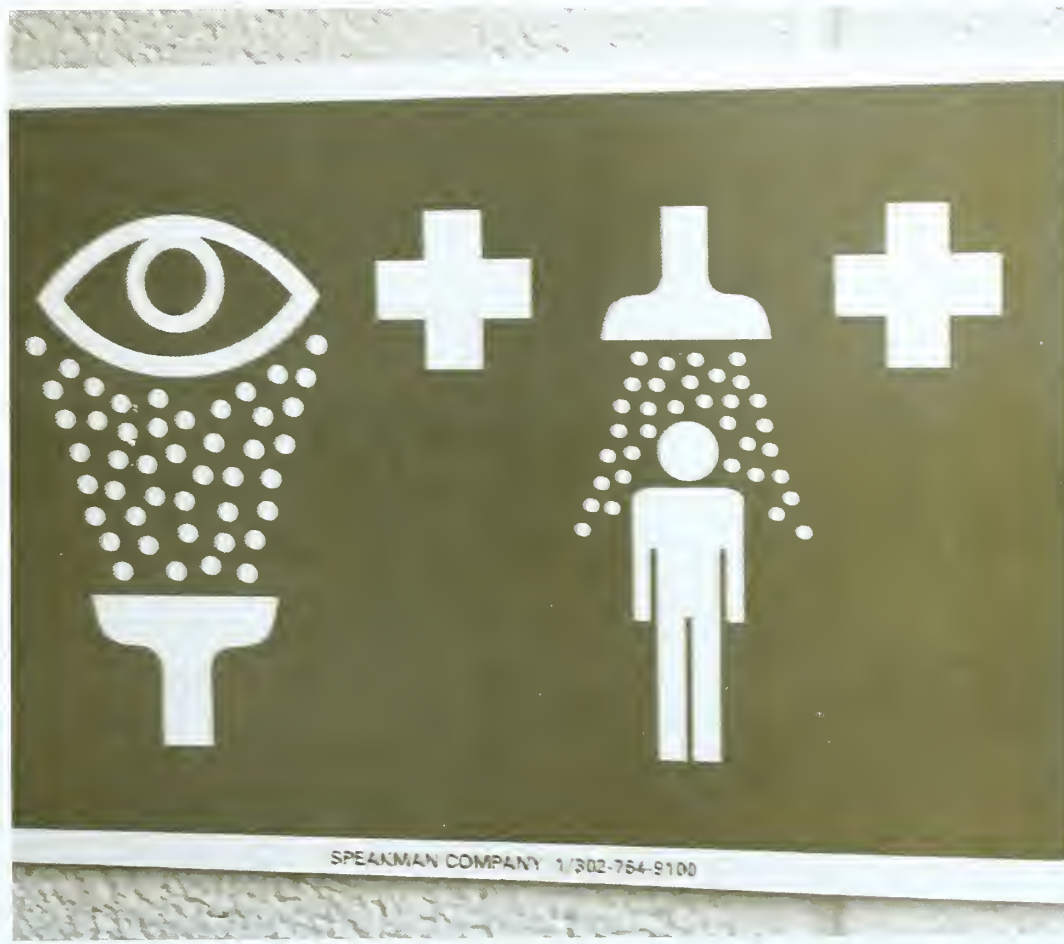


Mike Simpson models some of the various safety equipment saying, "It's all for show though, if one of these babies blows, we're all goners"

The remains of a botched attempt to create intelligent life from a Slim Jim.



Opentorso, cousin to Mr. Skeleton, gives a lecture on scientific nics and thier consequences.



Placard in the Chem lab that lists some of the many refreshing effects of a cold shower.

Guess what? You are signing your life away when you declare Neuroscience as your major which gives you no time to pose for a yearbook picture.



Neuroscience

Neuroscience is an interdisciplinary field in which there is a common interest in studying the anatomy, physiology, and function of the nervous system and. The major is designed to provide a basic foundation and offers a wide range of courses to prepare students for a variety of career options. Courses needed to complete the major come from the fields Biology, Chemistry, and Psychology. The major prepares students for research in Neuroscience, neural network monitoring, and some health care areas like physical therapy. The Head of the Neuroscience department, Dr. Gene Delay, calls the program "a good foundation in a new and growing field that can lead to careers in many different areas." The department also has a research lab in the basement of the science building in which new ground is being uncovered in developing areas of neuroscience.

by Katie Hopkins



Do you know what's in there? Because we have no idea.

ics, an area of the science building where all the smart people hang out.



Physics

There is no Physics major offered at Regis University but courses are available to give students a general background in Physics. Courses look at mechanics, sound, light, heat, magnetism, electricity and modern physics. There is a minor in Physics available and a major can be obtained through the Thematic Major Program. Physics students can enjoy a wide range of experiments in the lab that help them to understand sound and light, among many other of the world's great mysteries. Physics students describe their experience in the lab as, "An exciting way to learn about the world of Physics, while using fun toys."

by Katie Hopkins



His chemicals just left him for another scientist, leaving him with colored water and memories.

I guess that bottle was really toxic. Should of listened to the teacher.

Nursing

There are two schools at Regis. One is the school that offers a wide variety of majors and allows the students to have the freedom of choice with their schedules. The other school is the School of Nursing. Once a student enters the nursing program, that student is lost to the rest of us. Their schedule is laid out for them giving them specific classes that only include other nursing students. They are filtered away from the traditional Regis community. However, this has its advantages. Mainly, they do not have to deal with the traditional Regis community. But it also keeps these students very much on track and sets out a clear path for them to follow in order to reach their goal of becoming a nurse. A student who enters the nursing program at the beginning of her college career (I can say "her" based on the fact that there are only three guys in the whole of the nursing program) would finish all of her traditional core courses in the first two years, and then move on to the required nursing courses the following two years. It is not an easy path to choose, and I commend anyone who is up to the challenge!

By Joe Keppler

"Sure, go ahead, hide behind your 'Knowledge' and 'Learning.' You never cared about my interests anyway. Just because I enjoy the orchestral stylings of Lawrence Welk and would do anything in the world to play the sousaphone, doesn't mean that I am not also a person who deserves respect."



Let me see... Two parts monobenzylidene laurelate, one part diethyl polysorbate, Eye of Newt..."

A lot of Nursing is waiting around to wait for the action to happen. Or so these people told us.



the party on table nine turned to face you, you were shocked to
 e that you had forgotten the words to "My Way."

Unbeknownst to Little Billy, his parents had already arranged for a divorce and were hoping that a trip to Burger King would smooth over the
 emotional scarring that was just minutes away.



"Monkeys in the military? Well... I guess I wouldn't say that I am
 OPPOSED to that, but I can't say that it wouldn't be extremely funny
 either."

Later, Steve's friends would recall how much more comfortable the
 intervention progressed, after he had cracked his second beer.

They're kidding, but it's waving hands intended you to see



"So if we're all here, who's going to raise their hand in class?"



Advisor for Alpha Sigma Nu, Dr. Jose Lafosse says, "Did you know 'Stereolab' is preferred by 9 out of 10 Alpha Sigma Nu members?"



"So then I told him that if he didn't admit that Faulkner was better than Hemingway, I would thrash him with my fists."

Well what do you know...It's the Alpha Sigma Nu "Nerd" Officers...Tim, Kiley, Andrea, and Melissa, Let's listen to what they have to say!!!



Director of the Honors Program, Dr Bowie, struts his stuff in a "Cosby" sweater.

Alpha Sigma Nu & Honors

Education is a life-long process that can be attacked in a number of ways. Some students work diligently for four years, balancing work and class and their personal life. Most just skate by, doing the bare minimum it takes to pass. The rest dedicate themselves to school with such fervency that their achievements are recognized. Alpha Sigma Nu recognizes these rising stars by enlisting them in an "army" of knowledge, a vast society of thinkers connected by a common goal of world domination.

The Honors Program at Regis University offers alternate core courses that challenge students of distinction to enhance their college education. Beyond the Honors Core, students are also required to write a thesis in their senior year and present it in front of a jury of their peers. The Honors Program honors the higher calling of education in the lives of Regis students.

By Dave Marten

Dr. Alexander Wallace before the "Pinky Slips" or studying.



"What's Studying
Got to do with It?"



Matt Wallace takes a well-deserved break from studying to smirk for the photographer.



Long time senior and physics thug, Katie Merkle, watches with Lindsey Green as Dr. Roughton calculates the velocity of his lunch.

Kyle Mattie, Patrick Kelly, and some dude take a break from studying to discuss the issues of the day, namely what song they are going to sing at Karaoke that night at the "Music Bar."



O'Shea plays an Irish jig for the Country Folks (Not Pictured: Country Folks).



With graduation approaching, this student is cracking a book for the first time in four years.

Reflections:



Graham Hunt is a freshman from Del Norte, Colorado. Although he hasn't decided yet, he is leaning towards majoring in Spanish. His passions include reading, music, and peace and justice issues. He also enjoys photography, which he has just recently discovered, having purchased his first digital camera last summer. According to Graham, the most attractive part about photography is "the challenge of capturing the essence of an event in an image. I see many beautiful things that I want to capture and share with people. Graham is a photographer for both the Highlander and the Ranger yearbook. This photo, which was an editor's pick for Reflections, was taken at the School of the Americas protest.

Editor's Picks

"Over-the-Rhine"

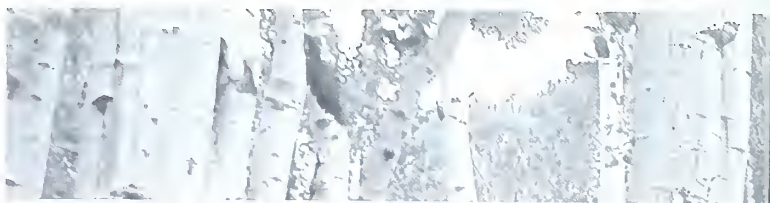
i stepped to the edge of my world today
for a moment, traded places
and what did i see?
crowded flocks on fading streets,
life and death to make ends meet
and on every corner, weathered faces
so much more beautiful than me.

i shared table with society's dead today
squeezed God from this arid crevice
you ask what i've found?
hope's ashes drifting down,
nothing-kings wearing drug-bought crowns
but still i'll humbly give service
for in this place, God is all around.

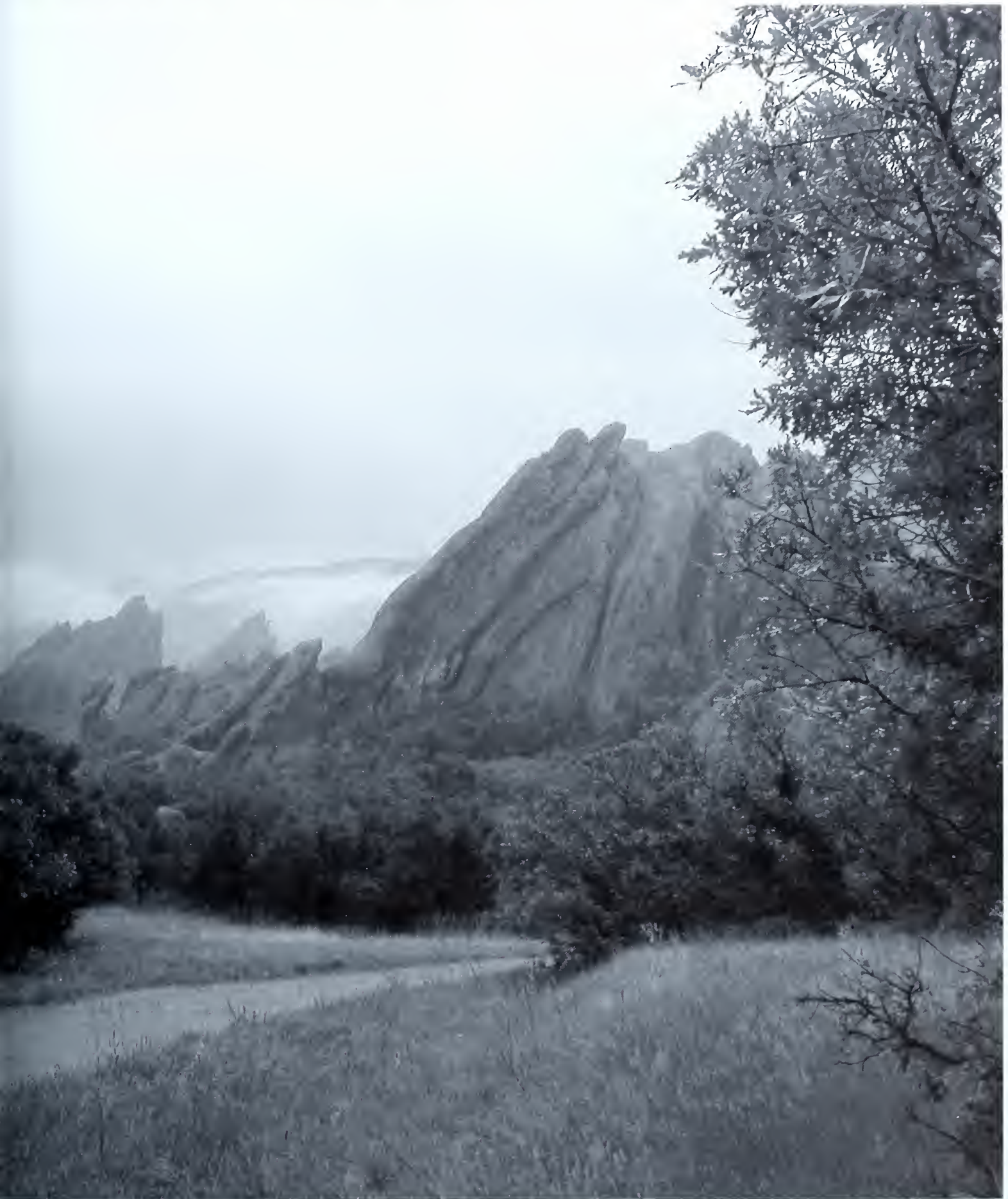
given room to grow
and worn lightly over time
you'll see little patches of heaven
that clothe Over-the-Rhine.



Phil Sparer from Ohio is a sophomore at Regis. Although still undecided, he is thinking about becoming an English major. He enjoys writing songs and poetry, and has been doing so since junior high. He is also very musical, having taken saxophone, piano and guitar lessons. According to Phil's mother, he is "quite the showman" and loves the spotlight. While in high school, Phil was a Big Brother to a young man in the "Over the Rhine" section of Cincinnati, which is a very poor urban area. As a junior, Phil participated in a two week immersion in the "Over the Rhine" area, which provided much of the inspiration for this poem.



Clubs and Organizations



We're looking for anything that will let us play with fire!

These guys are the most confident of them all, and they're all from the same school.



Trust, never give up, and that the best way to hide her gambling addiction is through a government job.



"I'm not supposed to intern, but you'll have to own the waiting list."

Executive Cabinet

The Executive Cabinet, or "Exec Cab" for short, is the body of student representatives who serve as liaisons between the administration of Regis University and the wider student body. These "Hep Cats" know how to enjoy their jobs and their lives as members of Regis government. Their official motto is "Go Big or Go Home," which reflects the attitude brought by all of the members, but their unofficial motto is "I Love You." Another source (who chooses to remain anonymous) says that the "secret" motto of the group is "We Are Government." During the current school year the Executive Cabinet worked rigorously to create a new image for the Student Government by changing its name to a simple and steady five letters: "RUSGA." They also created new logo (which can not be printed here due to Copyright Law 877934, popularly known as the "Fassbinder-O'Driscolls Act"). Whatever your motto, credo, mantra, or personal thought-poem is, it all comes down to one thing: the Student Government is an important part of the Regis University campus and always will be.

By Dave Marten

"Okay...so here we have the plans for financing the life-size bronze statue of your's truly in the Quad..."



(Front L-R) Molly Hames, PAC; Erin Hart, HAC; Colin Servis, SIC; Kathy Korsmo, PAC; Melissa Skotak, Director of Communications; Jo Ann Melendez, MAC; (Back L-R) Frank Haug, Vice President; Brady Sheahan, Director of Finance; Andrew Cole, President; Patrick Jones, Chief Justice; Sarah Gunsten, Director of Social Justice.

"This tastes like it was boiled in sweat."

Of course Student Government comes second behind looking really good for the camera!

Senate

The Senate is a branch of the Regis University Student Government Association, comprised of student representatives from each class and club. The Senate works along with the executive and judicial branches of the Government to be sure that all students at Regis have a positive and fulfilling experience. They are the main link between the students and administration and also oversee all clubs and organizations sanctioned by the University. This allows students to have a say on the policies and decisions that affect them during their college careers. Members of this year's senate have accomplished many things to improve our experience at Regis, and even the seniors are able to benefit from some of their work. So, if you see a member of the Senate, take some time to tell them thanks. They are here to serve.

By Katie Hopkins

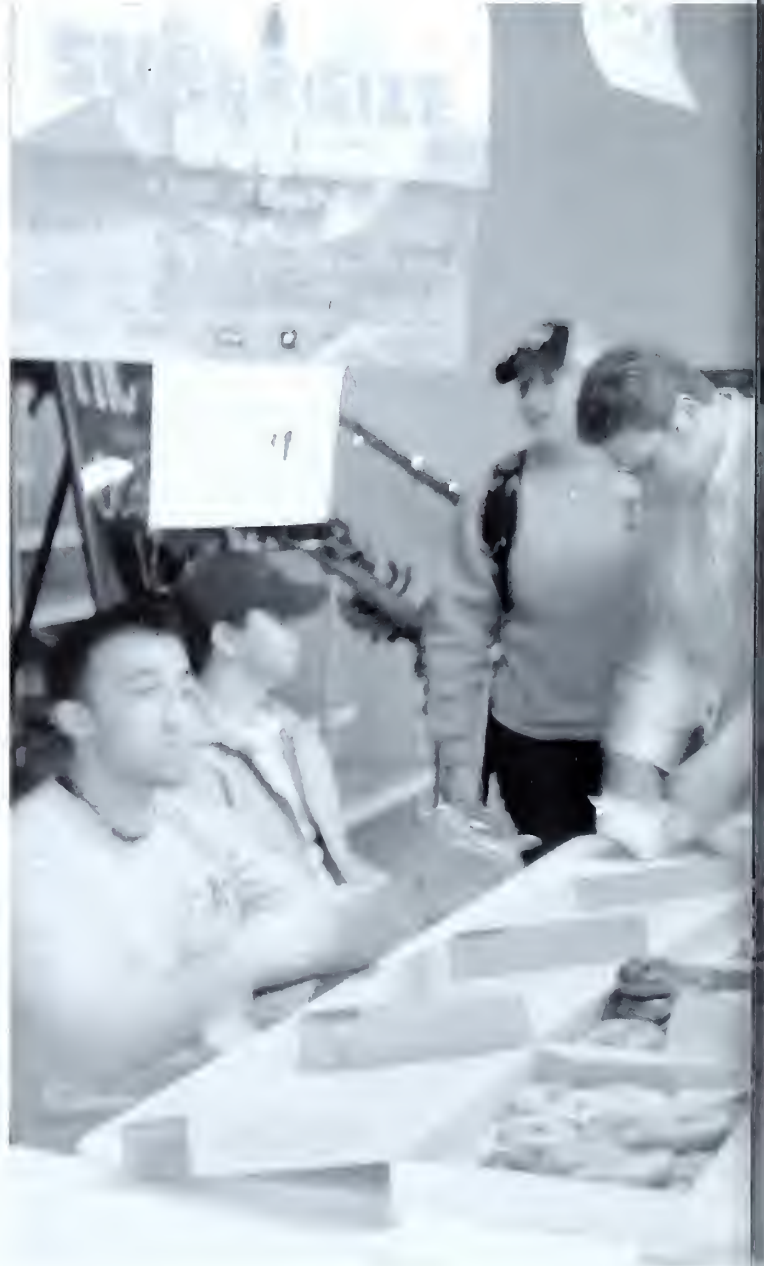


Members of the senate, we reject the resolution that would make head shaving mandatory for all incoming freshmen.

"It is impossible to describe what is necessary to someone who does not understand what Horror is."



Class Senators show their constituents the true extent of their thoughtfulness... with a little help from Krispy Kreme.





Class Senators Alex Gleuckler, Risschie Aran, Jessica Blumenthal, and Tom Deem with Frank, their fearless leader.

"So if we bulldoze both the Student Center and West Hall, we will have room for our grand plan, the Grand Obelisk of the Imperial Regis Senate!!! All Hail the Glorious Senate and it's supreme mandate!!!"



"Wait, you mean I actually have to do something?! I thought I was chosen just because I look so cool."

Do you know what we need to make this meeting totally rock? Linkin Park!

you need \$5000 for what?



Chief Justice Patrick Jones using budget money to download Dave Matthews, "Live from Budafon" don't tell Brady that's what he wanted the money for!



Hurry up! Guilty or innocent you guys? I want to get home and watch The OC.



SGA Finance Director Brody Sheehan, "People say I have a great profile-especially from the side."



"If Michigan is shaped like a glove, then I am from the top of your ring finger." Patrick Jones gives a geography lesson to DAVE M: Denver Association of Veterans of Educational Mistakes

After spending a large amount of your student activities fee on silk kimonos for themselves, the Appropriations Committee shows their mixed emotions.

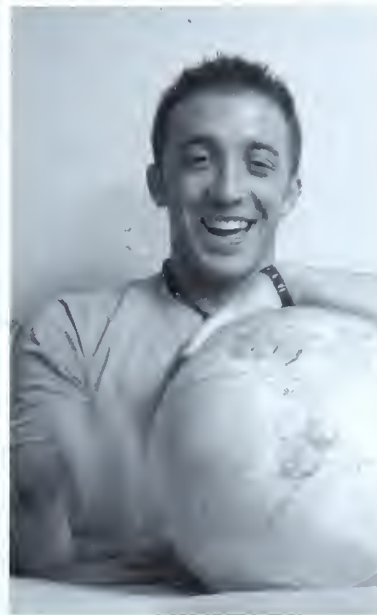


J-Board / Appropriations

All Rise! It's the J-Board. Court is now in session. Despite the vague name, the J-Board is the vanguard protecting student rights on campus. The group constitutes the legal branch of the student government association and takes their job seriously. When questioned about his motives for being Chief Justice of the J-Board, Patrick Jones replied, "To have access to the personal files of students." Associate Justice Andrew Shephardson describes the duties of the board as, "Hearing disciplinary cases, rendering decisions, and making fashion statements".

What do you mean there's no money?" This is the constant quandary facing the Appropriations committee. The committee makes sure that campus clubs and organizations have the cash they need to operate. Will O'Neil says, "One time when I forgot a decimal point the Chess Club was able to buy solid gold chess sets, while the Botany Club was forced to disband due to lack of funds. We all had a good laugh about that one". Meagan Chesrown sums it up quite plainly, "We are crooked." Whatever their methods, both the J-Board and the Appropriations committee help to form the backbone of Regis student government.

by Dave Marten



Alex Glueckler may have the whole world in his hands, but being on J-Board and Appropriations he sometimes feels like he has the weight of the world on his shoulders.

Members of S.C. "Hunt it up" at Freshman Orientation.

These 70 members were also members of the "Hunt it up" club during that "it's not just a crowd, it's a lifestyle."



Colonel Otto Bette, and General Louis Gottlieb give the dirigible a pre-flight inspection.



These Napalm Dynamite ring tones are simply dynamite!

Student Involvement Committee

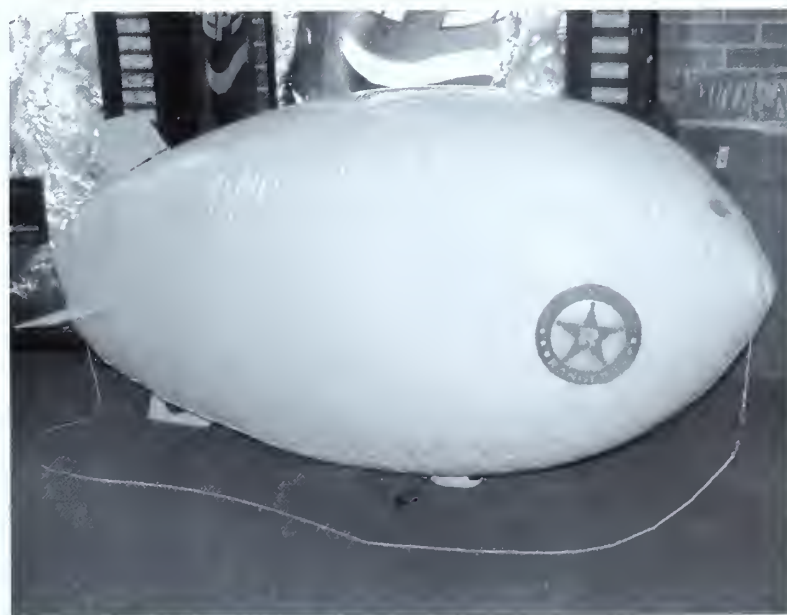
The Student Involvement Committee is a group that looks at students and how they interact with each other and with the facilities on campus. Members look critically at various scenarios before implementing strategies that benefit not only the college as a whole, but the individual members that it constitutes. They also help with several events around campus, including Mr. Regis, and clubs such as Raucous Rangers and several others that all contribute to increasing student participation and enjoyment in life on campus. Thanks to SIC, student involvement at Regis has grown considerably.

By Dave Marter



While little Hans Kohlmeister dreamed of a career in the Leipzig sausage factory, his zeppelin slowly drifted away.

Ed is known to be a thinker, a thinker and a collector of priceless antique globes. Ask him, he's not shy about it.



The flagship of the Regis fleet, the R.S. Hindenberg, spent most of it's time in the hangar, mostly due to budget shortfalls.

If we are going to be the best men's choir at Regis, we have to practice. Now, from the top of the "Raucous Ranger Theme Song," and no ad-libbing!

Can you find Waldo?

Don't let anyone miss you from behind!



Where did that Road Runner go?



Ha! We've got a bench. You're stuck with metal benches!

Raucous Rangers

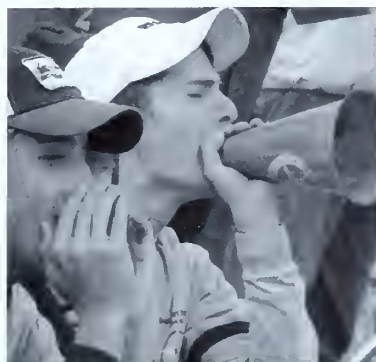
How much school spirit do you have? Ask yourself, "How many games have I gone to this year to support my team?" If you have attended any at all, then you have no doubt seen the Raucous Rangers, or as they are known on the streets, the Couch Crew. These Regis students have dedicated way too much time to the sports and activities on the Regis campus and can usually be seen "sporting" shirts with the motto, "It's not just a crowd, it's a lifestyle" . . . and thank God, because nobody likes a crowd. They devote hours and hours every week to distracting the opposing athletes. These are athletes who are desperately trying to just concentrate on the game at hand, but cannot help but overhear nonsensical jeers and half-hearted chants. According to one member of this crowd/cult, Alex Gleuckler, "We are a dedicated bunch that have nothing else to do." Well, as long as there are games to be seen and athletes to mock, these zany fans will always have something to occupy their time. The athletes thank you, Raucous Rangers, for the alternative lifestyle that you bring to Regis.

By Joe Keppler

It's not just a shirt, it's a fashion statement.



Maybe you should join the dance team next year.



Can't you just put the ball in the net?! I want to get to the post-game party!

We're here to intimidate the other team. You know we look scary!

Programming Activities Council

The Programming Activities Council, otherwise known as "PAC," is the crucial scheduling body that plans the recreational and occasionally educational functions which take place on and off campus. PAC plans and runs: Thursday Thrills, the Fall and Spring Formals, as well as Ranger Day and most of the Ranger Week events. Other wildly popular events include dancing at Jackson's Hole, Singled Out, The Dating Doctor, and Stupid College Tricks, where this year a student actually voluntarily ate Spam covered in chocolate syrup... for free! Events for the spring include a song and dance based program entitled "Knowing You're Simply You," featuring appearances by Molly Ringwald, Scott Baio, and Kirk Cameron as well as, "Whose Pie Is It Anyway?" where contestants debate on the pros and cons of socialized medicine in a clever and humorous way, the first prize being a homemade Key Lime pie. PAC is "Mmm mmm good!"

By Dave Marten



Front Row: Rob Fannan, Tom Deem, RJ McFadden
Back: Michelle Kraus, Sam Quinn, Monica Raleigh,
Kathy Kirsma, Rachel Campbell, and Molly Hames.



It's all smiles on the directors Kathy and Molly



"I know a song that gets an everybody's nerves,
and this is how it goes..."



"I don't care how good the lighting was. We've lost the group and now Dave is taking them to Chipotle without us!"

"I've got you now, my pretties... and I'll get all your Tinas, too!"



It's all fun and games until someone gets strangled.

Strip Happy Days Game, this isn't!

Take a moment to relax and enjoy the view. These girls have a lot to offer everyone.

Take the kind of health issue like being aware of...



HAL members lead by example as they participate in Relaxation/Yoga night



"Remind me again, what do you want me to do with this?"



Director Erin Hort and Stephonie Paling celebrate with a healthy snack after the clear success of relaxation night.



This isn't going to hurt, is it?

Many Regis students enjoyed yoga night, at least the ones who knew how to do it. The rest of us just said "You want me to put my leg where?!"



Health Awareness Committee

The Health Awareness Committee, or HAC to those of you who can keep track of all of the acronyms at Regis, provides students with information to keep themselves in good health while also informing them of health issues that exist outside of their community. For instance, the organization allows students to participate in outside organizations which work toward cures for many serious diseases. HAC enthusiastically participated in the Breast Cancer Awareness "Walk for Life." They also put together cold care kits, yoga night, and brought in health officials to help students keep their New Year's Resolutions. One of the biggest events run by HAC is the blood drive that takes place each semester. This allows students, faculty and staff the opportunity to donate blood during a time that is convenient with their schedule at a convenient location. This gives the people of Regis University the opportunity to participate in an activity that could save another person's life. Thanks to the Health Awareness Committee, many members of the Regis community get a chance to do just that, as well as live healthier, happier lives.

By Katie Hopkins



"You are coming because this is an important health topic and you are going to enjoy every minute of it...or no cold care kit!"

LINE REGULARLY MAC
On 5/1/00, we're a little
wired now.



Free and an Fry Bread! I just made it, really!
Did I mention the Grille will be adding it to
their lunch menu?"



Finally ladies, a group of guys that are man enough
to dance with each other...

Multicultural Awareness Committee

The MultiCultural Awareness Committee decided to come up with a mission statement to guide them through the year of planning and working. The mission for MAC this year is "To help promote an awareness and understanding between different culture through the education of the Regis community and abroad." MAC put on the Native American Awareness Celebration in November, co-sponsored December's Pacific Fest with the Asian Pacific American Association. In January, MAC brought a step team to Regis in honor of Martin Luther King Jr.'s life, while that same week co-sponsoring with PAC to bring comedienne Rene Hicks for Thursday Thrills. Committee members included Julio Alas, Ed Yoon, Odia, Jessica Sanazaro, Alvina Vasquez, and various other volunteers throughout the year. These dedicated individuals, along with director JoAnn Melendez, have worked to foster a new environment of acceptance and understanding on the Regis campus.

By Katie Hopkin



During Martin Luther King Jr. Week in January, MAC brought in the George Washington High step team-B2B: Brotho 2 Bratha. The performance was so powerful the floor literally came apart!

One of our Regis students, Krissy, brings a taste of the Pacific Island cultures to campus during Pacific fest.



"I told you, girls like guys with skills. Bawhunting skills, computer hacking skills, Native American dancing skills..."

A traditional Hoop Dance, performed for Native American Awareness Celebration out on the quad.

Activities should be both informative and entertaining.

Members of the Black Student Alliance joined a panel discussion on the importance of Black History Month.



BSA members worked hard to increase understanding of the importance of Black History Month.



Asian American Association brought traditional Pacific Island dancers to the Regis campus.

AAA & BSA

The Asian American Association (AAA) is an organization on campus that promotes Asian culture. They are only one of the many voices for minorities getting their message across on campus. The AAA helps Asian-Americans on campus find their place in this society and promote their customs by holding events on campus.

The Black Student Alliance (BSA) is another organization on campus promoting the rights of minorities. They are a coalition of black students who work to create a safe place for African-American students to voice their ideas and concerns. It is also a way for students to stay linked and to keep a connection with each other and their heritage while they are students here at Regis University.

By Katie Hopkins

"Hey, would you guys want to listen to some Don Ho?"



Both groups have found food to be a great way to share their cultures with other students.

BSA members help set up the Tunnel of Oppression.

Part of BSA's Kwanzaa celebration included traditional drummers and dancing.

The Tunnel of Oppression is a safe place for students to explore the social, cultural, and political issues of the LGBTQ+ community.



Tunnel of Oppression & Gay/Straight Alliance

The Gay/Straight Alliance creates a safe place for gay, lesbian, trans-gendered and straight students where issues of gender and sexuality can be discussed in an open dialogue. The Alliance also provides a respectful learning environment for all students, no matter what their sexual orientation may be.

The Tunnel of Oppression recreates historic scenes of oppression that are meant to shock students into examining the way in society treats oppressed people. Students experience dramatic recreations of slavery and holocaust gas chambers. The Tunnel also explores issues such as eating disorders, domestic violence, and abortion.

By Dave Marter



Happy Alliance members.



Group members find friendship.



Another powerful feature of the Tunnel of Oppression was the recreation of a World War II gas chamber.



Members of Regis' Alliance work to offer support and promote understanding for their fellow students.



Graffiti in the Tunnel of Oppression displaying violent and hurtful words contained in everyday speech.



Most participants were awed by the eye-opening message of this program.

Alliance members pose with faculty sponsor Martin Garner in the Library.

Students hold candles in remembrance of people who were murdered by graduates of the SOA.



Every year, RUSGA sends a group of students and staff to Ft. Benning, Georgia to demand the closure of the School of the Americas.

Sarah Gunsten served as RUSGA Social Justice Director and Peace and Justice Intern and worked hard throughout the school year to support both organizations.



After spending a summer in jail for crossing over to the base at the SOA protest, we are glad to have Dr. Byron Plumley back on campus.



Regis students schmooze before a lecture on faith and voting.

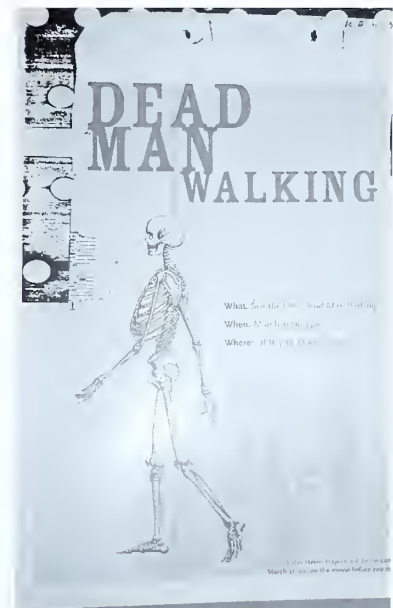


Adrian and fellow members of the Peace and Justice crew show just how much fun they can be.

Peace and Justice & Social Justice

Regis University offers a Peace and Justice Studies minor that provides the opportunity to learn about issues related to injustice, violence, and social change. Grounded in an interdisciplinary approach, the minor offers a set of courses that will introduce students to the key areas of Peace and Justice Studies including the following: conflict resolution, traditions and practice of non-violence, moral theory, community organizing, case studies of social movements, and historical, philosophical, economic and religious understanding of peace and justice. In addition, students are encouraged to integrate their academic knowledge with practical experience through service learning opportunities and internships.

Taken from the Regis University Website



One of the films sponsored by the student dialogue project. It was shown in preparation for the visit by the real heroine, Sister Helen Prejean.

Symbolism: picture all for myself; how did I
ever get so lucky?

Symbolism: picture all for myself; how did I
ever get so lucky?



free food! And stimulating, values-based
discussion...and free food!



what do you think of my jacket?

Romero & Hospitality Houses

Romero and Hospitality Houses are student residences at Regis University, located in northwest Denver. They are intentional communities where students can combine their academic experience with faith, service, social justice and simple living. The mission of Romero House is inspired by the sacrifices and work of the Jesuits in Central America and they follow the belief that "the world is round and the place which may seem like the end may also be only the beginning." Students have a chance to work with the poor while living simply themselves at the same time. It is an opportunity to learn about their faith and enhance their academic experience. The Romero House also takes a pilgrimage to El Salvador which provides students with even a greater opportunity to work with those who are less fortunate than they. Residents of both Romero and Hospitality Houses are able to see a whole different way of life and it gives them the chance to grow in the Jesuit tradition.

By Katie Hopkin



So, we're agreed that we are going to try to canonize Oscar Romero for his amazing cooking skills.

Am I holding this correctly?



The girls from H-House groove with some friends (& Risschie)

Just be thankful that it is not a pie, Eric.

Regis students and staff and members of the B&G Custodial staff involved in the ESL tutoring program.

Students from the Regis High School and members of the B&G Custodial staff involved in the ESL tutoring program.



The Tinanso project included students from Regis and East High School and involved work in the classroom, the community and in Ghana.



Anomabo Wave River was the final washing point for slaves before their forced shipment to the Americas.

Service Learning

Through the Service Learning Department, Regis students have the opportunity to fulfill the latter part of their mandate: Leaders in the Service of Others. The department encourages and facilitates service-based activities that take place in conjunction with time in the classroom. As Melissa Nix says, Service Learning at Regis is all about, "Being called to promote justice and to discern the influence of our actions from the perspective of the poor and marginalized in society. We work alongside marginalized people, we develop our capacity to listen and to learn from people who are not often heard or valued in our culture."

By Dave Marten

Students take a break from their work on the Children's Library to see some of Cape Coast, Ghana.



Regis students often find that they get just as much out of the tutoring as their "students" do.



Jesse and Nilla work together on English language skills.

Marisha Roberts of Regis and Evan Eskridge of East up to their elbows in books!

Religious Clubs

...advice from beyond the grave.



"The purpose of life is a life of purpose." The religious organizations on campus are a way to help students remember and keep up with their faith for that very purpose. The spiritual life is a major part of our Jesuit tradition and these organizations promote the practice of communal prayer in our busy lives. The Upper Room is a group that meets to explore the Christian faith and values in the world today. They do this through films, discussions, group activities and discussions; for instance, this year they had Bishop Hanifen speak on campus. JCRU is another group on campus that promotes incorporating religious values into everyday life. They hold Bible studies as well as other gatherings dealing with the Christian faith. The group says, "God's love is the most important thing in someone's life, and we love to share it! We can't wait to meet you!"

By Katie Hopkin



Members of the new Jewish student's club plan their Regis debut.



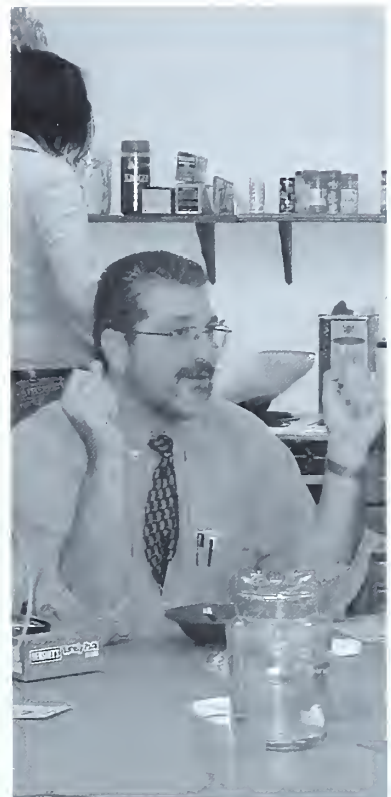
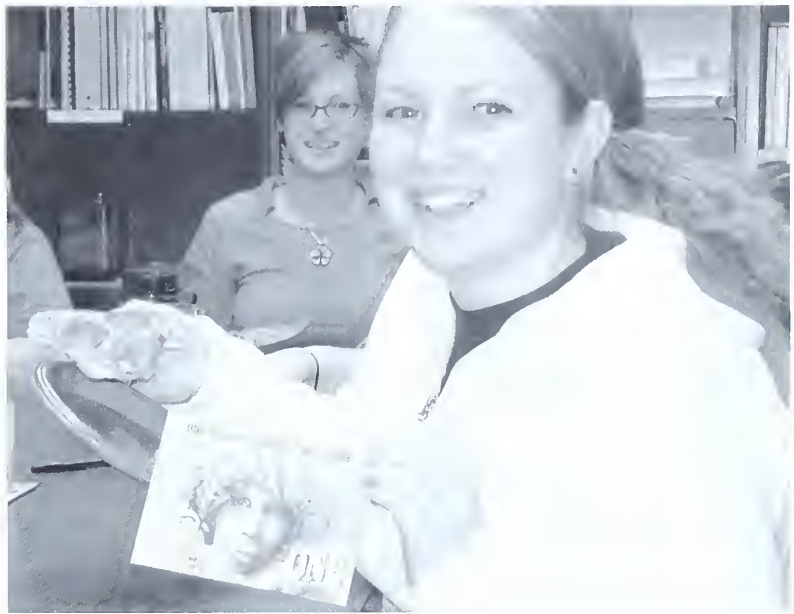
These ladies, along with several others, participate in religious organizations to promote spirituality on campus.



Brian Couch and Julie Rodgers pause for a prayer.

"If there was a Y, I could spell my name..."

Margaret lovingly shows off pictures of her boyfriend.



Ken Phillips. The name says it all.

This religious organization performs their version of "Jesus Christ Superstar."

...the ... and ...

CHC's Environmental Club works hard to promote a healthy ... campus and reading material for the ...



Reg ... ents enjoy the CHC's-sponsored ... free Zone in the Student Center.



"I'm a non-smoker who enjoys long walks on the beach. You?"

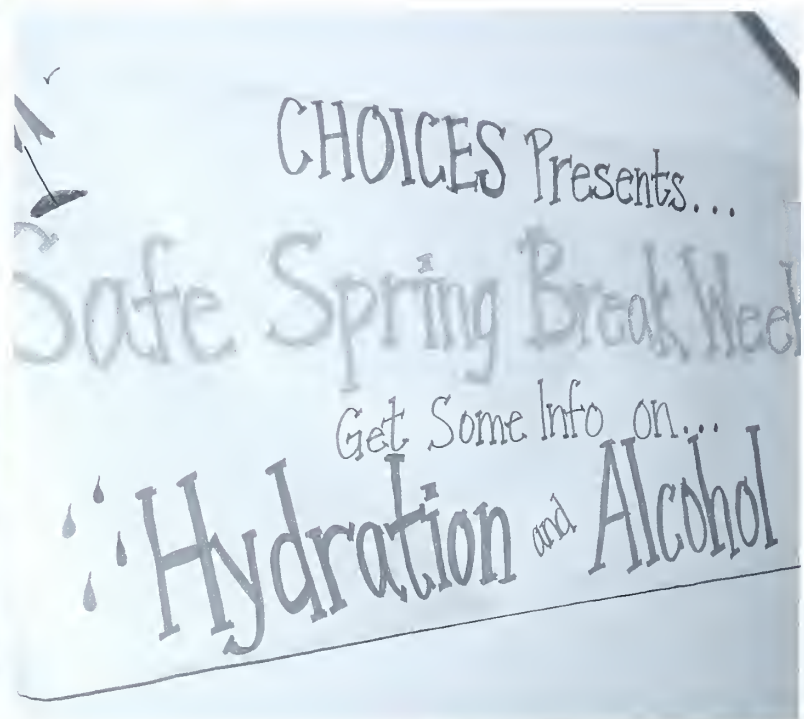


CHOICES members 1-2 step in the "stress free" zone.



CHOICES students enthusiastically welcome the incoming freshmen.

No topic is too difficult for CHOICES to handle.



CHOICES

The CHOICES program employs peer education to promote healthy living in Regis University community. CHOICES puts on programs that try to show students that there are alternatives to the unhealthy behaviors that are common in the university community. These programs range from alcohol awareness to nutrition to self-defense and all are extremely beneficial for each and every member of our community.

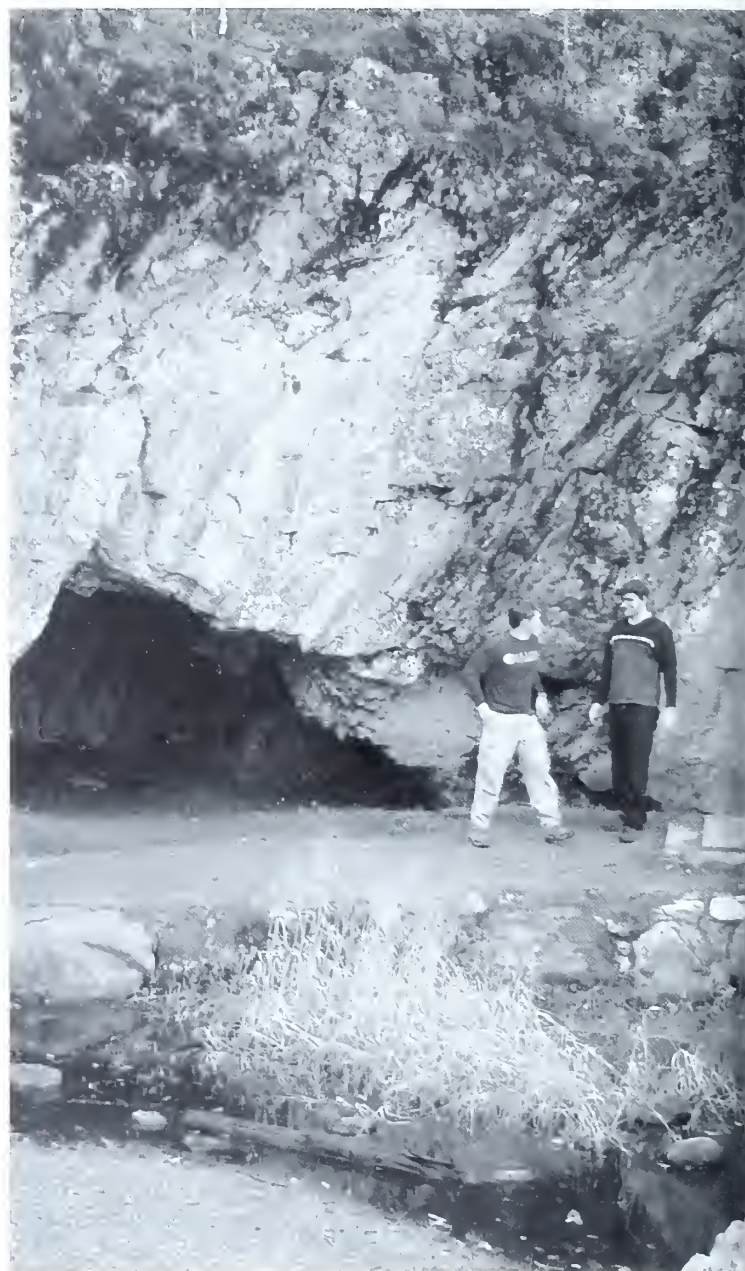
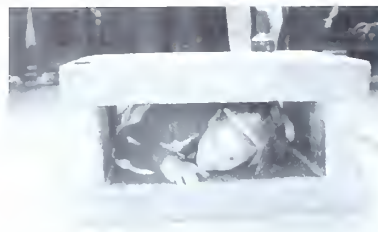
By Dave Marten



"I haven't been this dizzy since last night!"

Come by, Dave Law went in here and
 wrestled a female panther...I don't believe it
 though."

The Leadership Development team has completed
 the seminar course and is now ready to take on their
 next challenge... freshman year!



If you follow my lead, I'll have you dancing like
 Napoleon in no time!"

Leadership Development

Many things in the world are sorely lacking. And as Ronald B. Livingston is famously quoted in saying, "It is our leaders that are missing in this town. Members of the Leadership Development Program can follow two tracks they can either join a leadership club or take a minor in Leadership Studies. The minor in Leadership Studies consists of a seminar course, two electives, an internship and a capstone project. The program hopes to develop a group of students at Regis with a heightened sense of responsibility to lead the school through the new century.

By Dave Marten



"Lean a little to the left"
 "Will it help my balance?"
 "No, your just blocking my view."

It's really hard to meditate when I am freezing!
 Why do we have to be outside?!



"I think this is where the Donner party 'ate lunch' if
 you know what I mean."

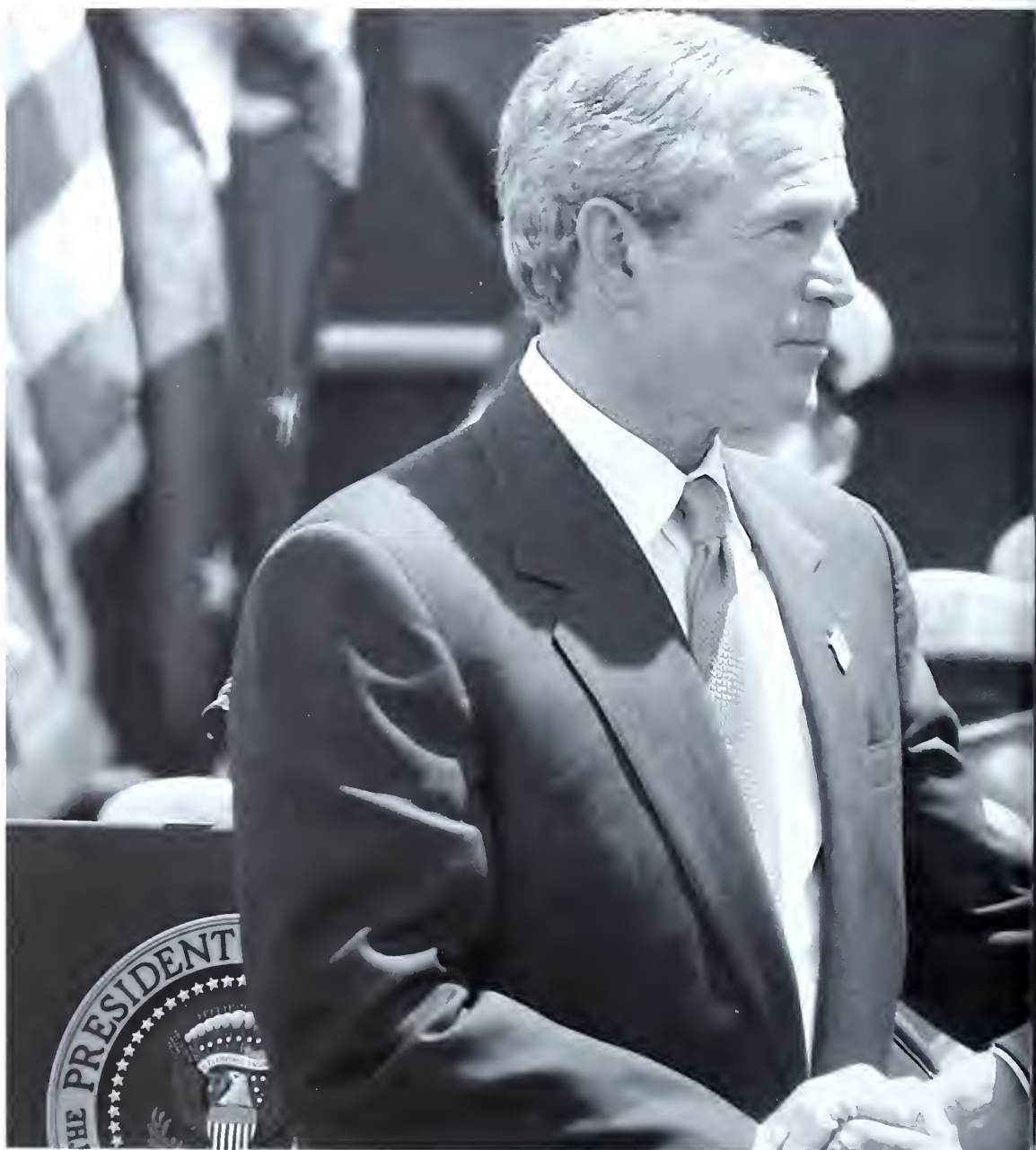
"If you stare into the fire long enough, you can
 almost see the Beyonce's face."

One of the people is a closet Republican. Can you guess who?

What if Kerry takes Ohio... and Bush gets Florida... and Maine splits its electoral votes, will we have a president before I graduate?



Now if Kerry takes Ohio... and Bush gets Florida... and Maine splits its electoral votes, will we have a president before I graduate?



Several members of the College Republicans did see President Bush on one of his many campaign stops in Colorado. College Republican President Caitlin Axton assured us it was well-worth getting up at 4:30 a.m. to do.

Young Dems and College Republicans

Editor's Disclaimer: The Ranger Yearbook apologizes for the heavily partisan tone of these pages. The College Republicans could not find the pictures that they had in time for our deadline, and those students approached declined to comment.

The Young Democrats and Young Republicans are two organizations on campus that help to educate the Regis community as to the legitimate political views contained in our great nation. It is a group of students taking an active role in supporting their party and the policies it represents. Both organizations take part in many on-campus activities like putting on debates and helping to register people to vote. This year the Young Democrats also got to work on the Kerry/Edwards campaign, phone banking and canvassing neighborhoods, which was a big draw for many of the members. Young Democrat's member, Matt Zavala was even able to drive Senator Kerry's daughter to the airport! President of the Young Democrats, Scott Forester, says his favorite part of being a member is, "seeing others participate in the political process and engaging others to do so." The Young Republicans also helped out on campaigns during this year's election. Many of the members worked hard to get the president reelected. This club helps to educate each other and the Regis community about different candidates and issues important to students. It's also a place where members can hang out with other people who have the like-minded political views.

by Katie Hopkins

When you add it all up, we are screwed either way.



The Young Dems tried many subtle ways of getting their message to the Regis Community.

The best debate of the campaign season was the one between the Young Dems and College Republicans. Here Pres. Bush, played by Caitlin Claxton, watches opponent Ben Gamboa/ John Kerry.

Young Dem Ryan Doyle got up close and personal with former governor Howard Dean during a pro-Kerry campaign stop.

We are the New Voter's Project
 We are the New Voter's Project
 We are the New Voter's Project



VOTE OR DIE

There was one topic of conversation that overshadowed all others during the first part of the 2004 fall semester... The Presidential Election. There were constant debates going on about whom should be voted the next ruler of the free world: President George W. Bush, or Senator John Kerry? While everyone else was talking about it, members of the New Voter's Project actually got out and did something, registering over three hundred Regis students. This non-partisan grassroots organization focused on 18-24 year-olds in an attempt to "get out the vote." The push was also aided by people such as P-Diddy and MTV, who urged young people to get interested in the election. It seemed to be working, at least on the Regis campus. A Junior Kathy Korsmo put it, "There's a great spirit of activism on campus. Even non-Politics majors are interested in what's happening." Sadly, after all this effort in registering students, there was little information given about where their correct polling places were, and many students were either not allowed to vote or given provisional ballots. In the end, President George Bush was reelected, lengthening his reign for another 4 years of our lives.

by Joe Kepple



We're meeting you Scott. For my sake, please buy ketchup. Buy lots of ketchup.



Two "New Voter" stand their ground on the real tough issue: McCain is better than Village Inn..

Siphoning off the popularity of FDR's "New Deal," John Kerry hoped to prove to Americans that he would be the "real deal" as opposed to Bush's "bestest deal ever."





Semi-Charmed Kind of Life. Scott Forrester learned that getting involved with politics was not only rewarding, but a great way to meet celebrities like Alyssa Milano.

Do you think anyone will notice if we took this bus for a spin? Luko Znidorcic, Morio Hohn, and Frank Houg caught up on the latest election news live.



Regis Students were not shy about showing off their political preferences. Questioning everything is one of those Jesuit lessons that certainly has sunk

The elusive New Voters Project wristband! As one Regis senior noted, "They are more popular than the Lance Armstrong brocelets!"

Give me a minute, and I might be able to answer that for you, chief.



THE REGIS MEDIA EMPIRE

Down here it always seems like the sun is set.

Admission
Under 21 - \$12
21+ - \$5

The Board
of the Basement
Post Stuff
Write Stuff
Then Go Away
No Rissdale, just no

"One board to rule them all
One board to find them
One board to bring them all
And in the darkness find them
In the Student Center Basement,
where the shadows lie"

Do you think Eddie will notice if we just run the
same stories that we did last week?





This year the Highlander branched out from just reporting the news and brought Regis the "1st Annual Nog Off"....all those late nights in the basement of the student center may have finally affected their minds.



If we have twelve people, each drinking a quart every ten minutes... that's going to equal a huge mess!

The Highlander Editorial staff laughs their heads off as they realize exactly how sadistic the Regis students will allow them to be.



Highlander

The Highlander is Regis University's own newspaper and it is written and edited entirely by students. This year the paper has moved from bi-monthly to weekly circulation, which means the staff works hard every week to bring the Regis community the news about all aspects of our school. The Highlander's office is located in the basement of the Student Center; this may not be the most inviting space on campus but these relentless journalists bear the elements to deliver the essential news stories. They have covered just about every event on our campus and even sponsored some entertaining ones of their own. Who could forget the 1st annual Nog-off? With so many students chugging eggnog could anyone really be surprised at all theuke found around campus the next day? Who else could inform us of the tunnels under our school, issues of the election, university plans for the future, best beards in history and of course the best sledding hills around campus besides the Highlander? Without this group of dedicated journalists how would we stay informed about the most important issues in our lives?

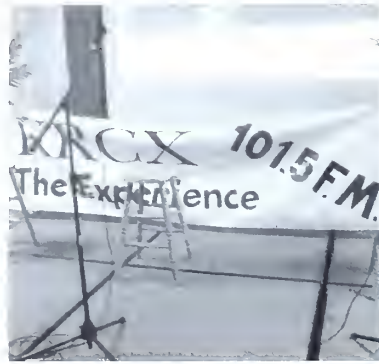
By Katie Hopkins



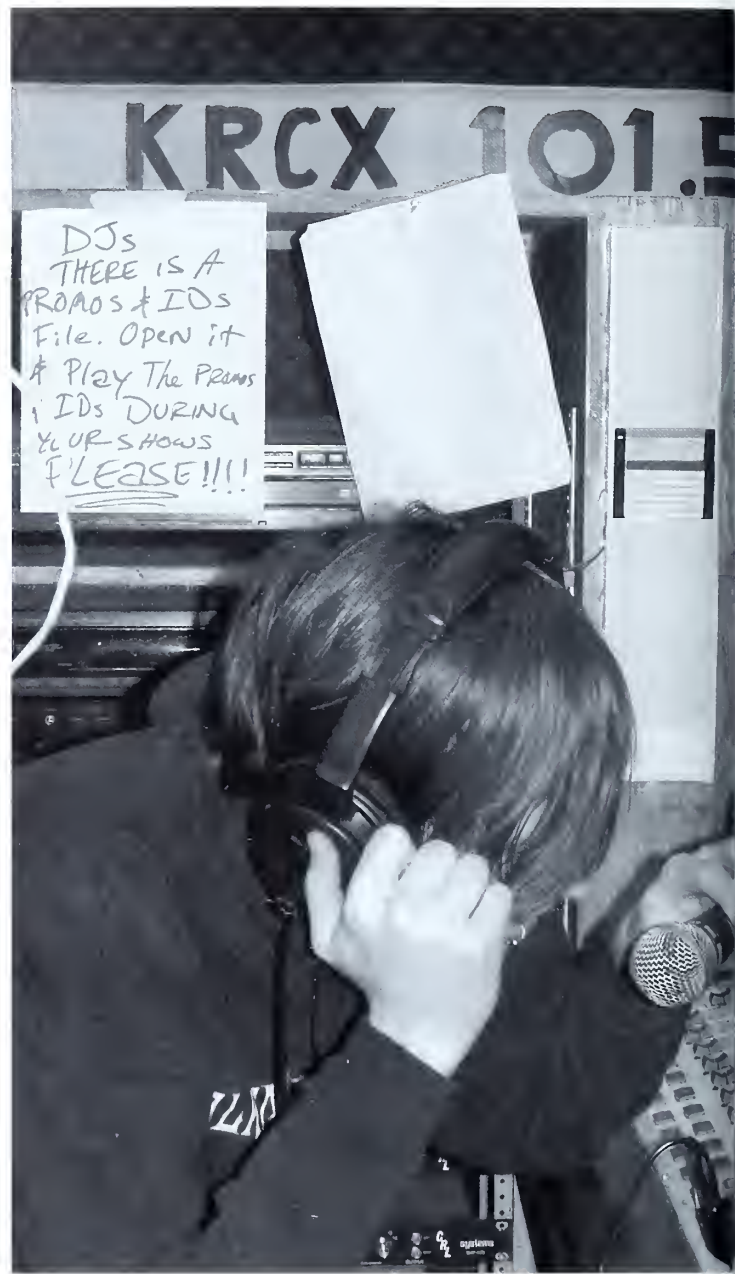
I really should be finishing this week's editorial, but I just look so suave standing here. What to do?

KRCX DJ's to entice his audience by repeating the same material over and over in various "celebrity" voices.

...the same, the same, the same. Without any change, the same old, same old, same old. Hanson will never appear.



...the DJ's were given a once-in-a-lifetime opportunity to pose for a picture with teen heartthrobs Hanson. (Too little, too late).



I really do look like a rinestake cowboy in this hat. When Campbell going to sue me now?

KRCX

We hear it every day, the music that is broadcast over the Regis airwaves. One minute we might be listening to rousing lyrics of Bruce Springsteen, the next minute, the driving bass riffs of Static X. A sophomore Patrick Yalon puts it, "Sometimes it's all right, and sometimes it sucks." But don't worry, anyone wants to change the music, all they have to do is go down to the radio station and put on something they like. Or they can just leave the Quad. A small group of dedicated music lovers operates the largest college radio station in Denver out of the basement of the Student Center, and are responsible for the biggest concert on the Regis Campus in recent history when it hosted "Hanson: the Lazarus Tour." Yet the Regis community was privileged to see the three brothers perform an acoustic set in its very own cafeteria. The momentous occasion was topped off by a non-existent autograph session that left everyone involved a little bitter. However, the words of Isaac, Taylor, and Zac will ring in the hearts of Regis students for years to come, "That's so Indie." Did anybody know what they meant by that? No. Did anybody lose sleep wondering? No.

by Joe Keppel



Man! He really does sound like Urkel.

Laura "Boss Man" Fritz takes a break from her rigorous duties of sitting and filling out paperwork.

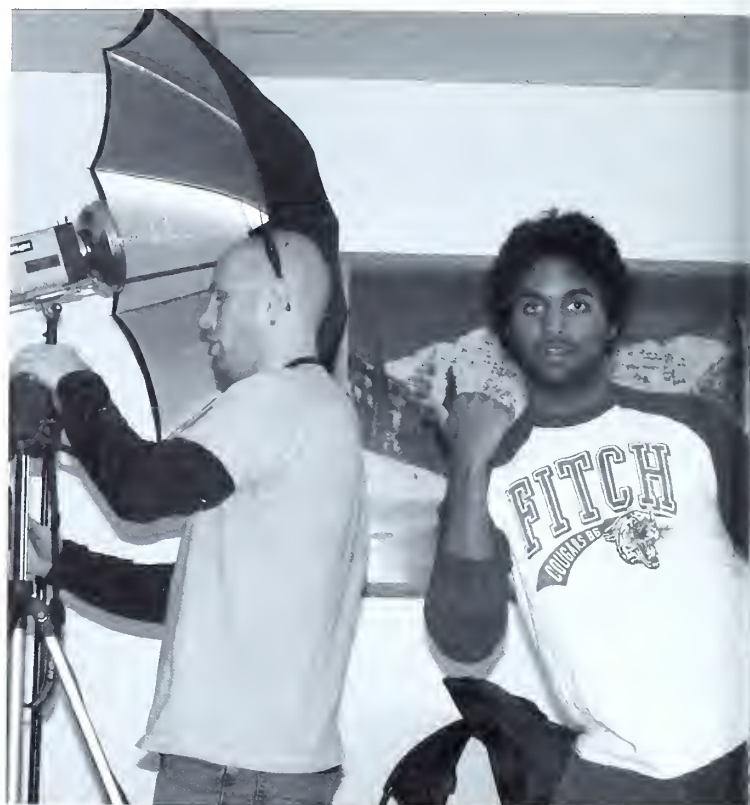


Station manager Bridget McLoughlin helped bring Hanson to Regis. She started giving it second thoughts when she was inundated with calls from obsessed fans.

Zach and Ike Hanson make mild threats towards the government on Regis' "indie" radio station.

Yeah, Risschie! Work it, work it!

When the Risschie photo shoot
was over, we had a little photo
shoot with the Risschie. We had some talk
about the Risschie and the Risschie.



Friday Regis, tomorrow the Versace show in Paris.

Instead of actually enforcing any deadlines, our
Editor takes us to Mead Street! What a job!



Ranger Yearbook

The Caves of Lascaux, hidden from human view for thousands of years, stand as testament to the essential human need to create a record of experience in a permanent form. Here at Regis University, a small but dedicated Yearbook staff tries to do much of the same thing as those pre-historical painters, only they use finger paints instead of much more durable "cave paints." The individuals who produce the annual Ranger try to reflect campus and student life visually and in prose in a fashion that will give pleasure and enjoyment to alumni for years to come. Yearbook staffer Lyle Tobin says that, "I like the theme we chose this year; I think that we are all 'Just Passing Through' here and need to have fun when we can." Tobin adds, "I hope that everyone will like the Yearbook... because I sure as heck do!"

By Dave Marten

I don't care what you say, Kiley, this was not in my job description!



It's called Blue Steel. Are you kidding?! It's nowhere near ready. We shouldn't even be talking about it!

How can you expect us to work when our Advisor looks like this?!

Our ruthless Copy Editor, Dave Marten, knows how to inflict just the right amount of pain to get what he wants. And what he wants is proper grammar! Is that so much to ask?!

A black and white photograph of two young men in a gym. The man in the foreground is in a wide-legged squat position, holding the arm of the man standing behind him. The man standing is looking on. The background shows gym equipment and a dark setting.

"STELLAAAAAAAAAAAAA!!!"



A black and white photograph of a woman in a light-colored dress performing a dance move, possibly a lift or a high kick, while a man in a dark suit stands nearby. The background is dark and indistinct.



"And by chance if an honest man such as yourself should make enemies, then they would become my enemies. And then they would fear you."

It's raining men!!!



"Frankly my dear, I don't give a damn."

"No!!! I AM Spartacus!!!"

located in the Evans Life Direction Center, Disability Services offers help to any student who may need



Dean of Students, Diane Cooper, and Director of Health Services, Jan Henderson, offer some words of advice to a new student.

Always willing to offer a listening ear are Jerene Anderson and other members of the Personal Counseling staff.





For all of us lost souls out there, Jeremy Lee and the rest of Career Services are a vital resource.

Behind the Scenes...

As soon as you see those bright blue polos, you know they mean business.



Modelled Fourth floor of Main Hall houses the new Registrar's Office...and the answer to all of your scheduling needs.



Whatever foreign shore may call your name, Mary Cook is the lady to get you there.

Two females ask the question "Whodunit?" at the murder mystery dinner.

What if the first day going to school freshmen feel could. What would it take to lead a bunch of freshmen?



Freshmen enjoy the fast-paced NBA action that is the Nuggets' Dancers.



Rockies' player waits to commit another error rather than signing that contract extension.

Best of Colorado

For students who are spending their first year in "Colorful" Colorado, nothing introduces one better to all that the state has to offer than the Best of Colorado series. From white water rafting, to rollercoaster rides to watching the Rockies blow a 6-2 lead in the bottom of the ninth, this series has it all. Besides being a source of heart-stopping entertainment, it also is a place for freshman to meet fellow classmates and form bonds that will last until the end of senior year. When questioned, Tracy Lynott said, "Best of Colorado was a lot of fun and a great way for me to get away from campus on the weekends, but man, those Rockies need bullpen!"

by Dave Marte



"Are you a properly licensed and bonded ropes instructor?" BOC participants eagerly await their chance to test out the ropes course.

You know Andre Miller does look kind of look like Billy Ocean.



Four freshmen take a break from the rigors of the Starting Now retreat to chill with an ice cold Coke.

"Wait a minute, I thought this was the Pub Crawl?!"

Two East Cali participants enjoy cocktails and a quiet conversation about the better methods to whiten teeth.

Who have a better Tom Collins, then the Tom Collinsists will have won.



Badges, we don't need no stinkin' badges.



"If only it was cash." Margaret Matt wishes her prize tickets could be exchanged for something useful- like a textbook or a hummer.

LAST CALL

"Every journey, no matter how mundane, must come to its end"

Senior Greg Devlin

Last Call is the final tour of duty for seniors. After years of toil in the library and in the computer labs, producing ream upon ream of mindless babble to be consumed and destroyed by professors, added with the memories of fun and fellowship on the journey through campus life, Last Call is a chance for people who have grown to know each other over the semesters to have that one last hurrah. Some of this year's fun events were: a retreat featuring Fr. Sheeran, a pub crawl, trips to the theatre, excursions to local sporting events, and the obligatory sortie to the Casino. When asked why they decided to join the year long festivities director Meagan Chesrown said "To hang with the Senior Class one more time before we all part ways" and John Halloran said, "I'm going to miss these guys."

by Dave Marten

I only signed up because it is a ride to and from the bar.



Will this clear the Washington Street Bridge? Participants of Last Call get a flavor of "Dear Old Blighty".

I love directing Last Call. If I was any happier my face would not fit through the door.

Where's the buffet - you promised it wouldn't be Sadexha!

Outdoor Adventure Program

The Outdoor Adventure Program is resource that strives to educate and expose members of the Regis community to nature through a variety of outdoor programs that advance leadership skills. It is also a way for students, faculty and staff to learn about the wilderness while they participate in the programs offered by OAP. These activities emphasize experimental education and offer many opportunities to further growth in a variety of areas. OAP provides workshops, personal skill training, professional development, spiritual growth, and experiential activities. All of these aspects are integrated into each of the trips they take. Some of the programs include rock climbing, hiking and snowshoeing. All trips accommodate individuals of all levels and are led by the trained personnel of the OAP staff. One of these highly qualified leaders is Director Josh Cook, who states, "The theme for OAP is the same as for the movie 'Saw.' OAP asks it's members: 'How much blood would you shed to stay alive?'"

By Katie Hopkins



OAP Intern Josh Cook shows students on the snowshoeing trip the finer points of tubing.



Yeah, we're down with OAP!

These fine young men chose not to observe Josh's demonstration and enjoy a few minutes of sledding fun before ending up face-first in a snow drift.





Trip Leader Amy Noyes enjoys the "benefits" of her job on a cold night in South Dakota.

How am I going to get out of here? I am literally stuck between a rock and a hard place... which happens to consist of more rocks!



"This one's for you, Mom!"

Aooooohhh...I'm melting!!!

My friends and I were able to see some of the same furry friends in Tanzania.

Fun: Kelsey Bruckem found at least one thing in London that was similar to life in the states.



Kelsey also discovered that the famed guards were just as hospitable as everyone said.



When in Ireland, there's always time for a pint. Especially if it makes us stronger!

Study Abroad

"I know, Jake. I want to take a break from life in the United States as well. Sure, I am as happy to be an American as the next guy, but wouldn't it be great to see another part of the world? I would love to sit on some foreign shore, Jake, just sit there and think, and wonder, and hope. Jake, we could be kings...kings of the world. Maybe we should go to the Study Abroad office, Jake. Maybe there will be people there who can facilitate our studying abroad...allowing us to broaden our study. We could take some time away from school yet still get school credit so people think we are still doing something with our lives. You can't buy that kind of security, Jake. I'm talking about security of the mind. Let's go to the Study Abroad office today."

By Dave Marten

O'Shea says "ello, mate" straight from the land down under.



thing gives me the funny feeling I am not in Colorado anymore...



J'adore la louvre, mais je le voudrais aimer plus si ils m'entrent.

*Students eagerly line up for the first ever "Nog Off."
 And one participant, "It's so smooth going down!"*

*Our busy life for student activities works very
 hard for the students. They showed their thanks in
 the best way, with thousands of balloons.*

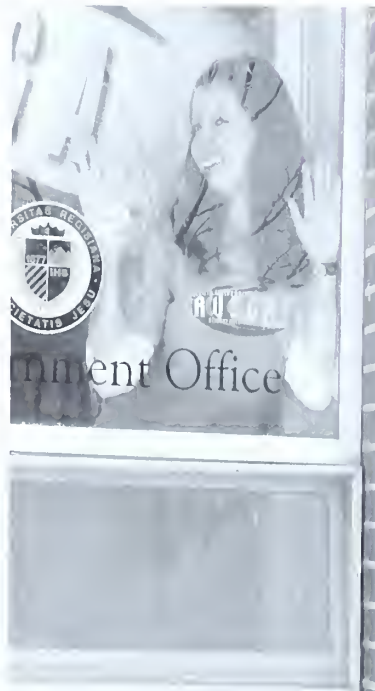


Yes, Regis Rumbler, you can.



On the Job

Across campus, Regis students participate in a variety of activities and events each week. Thanks to the hard work of various clubs and organizations, the student body is given the opportunity to experience a wide range of programs, including dances, rock climbing, movies, egg nog chugging contests and countless others that help us to grow as people and to get the most out of our college experience.



Exec cab called it "drive thru politics." Regis students called it "really scary."



Regis students proudly represent their school at the 2005 Martin Luther King, Jr. Day parade.



Students present a powerful message at the School of the Americas protest in Ft. Benning, Georgia.

What are you looking at?



"If you can dodge a wrench, you can dodge a ball!"

"I don't remember this being in the job description!"



Sports



Nikki Lawson, Katie Jordan and Kate Murphy, celebrate after an amazing header by Lawson.

Nikki Lawson heads the ball out of Regis' half of the field.



Women's Soccer

"We just have so much fun together,"

Thus says junior Lia Utu about the Women's Soccer Team. The Regis University Women's Soccer team had an excellent year. They finished the regular season 17-3, and 12-2 in the RMAC which earned them a berth in the RMAC and NCAA tournaments and kept them ranked in the top 25 in the country through most of the season. The team was led by its seven seniors, who all contributed to the success of this year's season. When asked about the team Coach J.B. Belzer said, "We are a senior trained group. The girls show their leadership and team work throughout each game". "This is probably the closest and most fun team I have ever been a part of," says senior Nikki Lawson. "We just have fun and work hard every time we're on the field," says senior Kristin Geyer. It is obvious that team chemistry was the source of the team's success this year which saw them break the record for shutouts in a single season and enjoy a 15 game winning streak!

by Katie Hopkins



Chasing down the ball, freshman Julie Rodgers attempts to beat opponent to spark Regis' offense.

ing her defender, senior Katie Hopkins prepares to stop the
ents attack.



2004 Women's Soccer Results

<u>Date</u>	<u>Opponent</u>	<u>Result</u>
Aug. 28	UNIV. OF NEBRASKA - OMAHA	L, 1-2
Aug. 30	Metro State*	L, 1-2
Sept. 3	INCARNATE WORLD	W, 2-1
Sept. 10	Adams State*	W, 3-0
Sept. 12	NM Highlands Univ.	W, 1-0
Sept. 17	Fort Lewis*	W, 2-0
Sept. 19	Mesa State*	W, 3-1
Sept. 24	COLORADO STATE - PUEBLO*	W, 5-0
Sept. 26	COLO. CHRISTIAN UNIV.*	W, 4-0
Oct. 1	Univ. of Central Oklahoma	W, 4-2
Oct. 3	West Texas A&M Univ.	W, 2-1 (OT)
Oct. 8	Barry Univ.	W, 2-1
Oct. 9	Lynn Univ. (at Barry Univ.)	W, 1-0 (OT)
Oct. 15	ADAMS STATE*	W, 5-0
Oct. 17	NM HIGHLANDS UNIV.*	W, 4-0
Oct. 22	FORT LEWIS*	W, 2-0
Oct. 24	MESA STATE*	W, 2-0
Oct. 27	METRO STATE*	L, 1-2
Oct. 29	Colorado State - Pueblo*	W, 5-0
Oct. 31	Colo. Christian Univ.*	W, 6-0
Nov. 5	Colorado State- Pueblo	W, 2-0
Nov. 6	Metro State	L, 0-1
Nov. 12	Texas A&M	W, 3-2
Nov. 14	Metro State	L, 0-1



Freshman Hayley Daunis steals the ball from an opponent.

Senior Lacy Richardson moves her opponent to get the ball.

2004 Men's Soccer Results

<u>Date</u>	<u>Opponent</u>	<u>Result</u>
Sept. 3	Midwestern State Univ.	L, 0-4
Sept. 5	West Texas A&M Univ.	L, 1-2
Sept. 8	Metro State	L, 0-3
Sept. 10	Fort Lewis	L, 1-5
Sept. 17	Colo. Christian Univ.	W, 6-0
Sept. 19	Colo. School of Mines	W, 1-0
Sept. 24	Colorado State- Pueblo	L, 0-2
Sept. 26	CU- Colorado Springs	W, 2-1
Oct. 1	Incarnate Word	L, 1-4
Oct. 3	St. Edward's Univ.	W, 2-1
Oct. 7	Westminster (UT) College	W, 4-0
Oct. 10	Benedictine (KS) College	W, 2-1
Oct. 15	Colo. Christian Univ.	W, 13-0
Oct. 17	Colo School of Mines	L, 1-2 (OT)
Oct. 22	Colorado State- Pueblo	L, 0-2
Oct. 24	CU- Colorado Springs	W, 3-1
Oct. 27	Metro State	L, 0-3
Oct. 31	Fort Lewis	T, 1-1 (20T)

Junior Tommy Terrell shields the ball during a Regis home game.



Attempting to clear the ball, sophomore Mott Westerlund fights off an opponent.



Junior Travis Mitchell crosses the ball to an open teammate.



Allen Johnson fights through an opponent in an attempt to win the ball.

Sophomore goalkeeper Ruben Martinez takes a break after making a clutch save.



ing through two defenders, freshman Mike Smith heads toward goal.

Men's Soccer

"Effort only fully releases its reward after a person refuses to quit."

-Team Credo

The Regis University Men's Soccer Team competes NCAA Division II level in the Rocky Mountain Athletic Conference and they are dedicated to playing their game under all circumstances. "The future looks bright for our team, with only 2 players leaving, we have a good group of core returners coming back. Also, with the freshmen performing the way they did this season, it really gives us a chance to bring a great team to the pitch next year," says junior men's soccer player Alan Johnson. The Regis Team finished the season with an 8-9-1 record, 5-6-1 in the RMAC. Though the team was very young team this year it was competently led by its two seniors Erik Tormoehlen and Jose Rosales. Some of the big highlights from the season were when the Rangers beat the Colorado School of Mines 1-0, and when they swept their season series against Colorado Christian University and CU Colorado Springs. The season ended with a tie against a 7th ranked Fort Lewis College team. Overall, the Men's Soccer team attributes their success to the leadership of their two seniors and the ability of the team to gel on the field.

by Katie Hopkins

Women's Volleyball

You see them around campus, those hard-hitting super models; the girls that range from 5'6" to 6'1" and whose beauty seems unapproachable. The young ladies of the Regis University Volleyball team are not only beautiful but athletic, and show the Regis community what to do with an inflated ball every time they walk onto the court of the Field House. Headed by Coach Frank Lavrisha, 1987 NCAA Division II Coach of the Year, this team has once again finished above .500 in conference play with a 10-9 record. Women's Volleyball has been a tradition at Regis for 27 years and is lead by hardworking students like Holly Yamada, Lavanda Mireles, and Sarah Jackson, who wake up at ungodly hours of the morning just to get some practice in before school in order to be the best team possible. They are true examples of the strong sports and academic tradition at Regis University.

by Joe Keppler

Regis Volleyball player Lavanda Mireles prepares for the approach serve.



Chris D. pumps up his special lady friend before the big game. Volleyball players sure are tall!



Libero Catherine Perez sets herself for the next serve.



Lavanda Mireles sets the serve, while Holly Yamada communicates to her teammates.

The teams congratulate each other after a hard fought match.



es concentrates hard while she prepares herself for the next play.

2004 Women's Volleyball Results

<u>Date</u>	<u>Opponent</u>	<u>Result</u>
Aug. 27	Texas Woman's Univ	W, 3-2
Aug. 27	Washburn Univ.	L, 1-3
Aug. 28	Drury University	L, 1-3
Aug. 28	Rockhurst Univ.	L, 1-3
Sept. 3	Univ. of North Florida	L, 0-3
Sept. 3	Concordia- St. Paul	L, 0-3
Sept. 4	Cameron (at Metro)	L, 1-3
Sept. 4	New Haven (at Metro)	W, 3-0
Sept. 7	Colo. School of Mines	W, 3-1
Sept. 11	Chadron State	W, 3-0
Sept. 17	Nebraska-Kearney	L, 0-3
Sept. 18	Fort Hays State Univ.	L, 0-3
Sept. 24	Colo. Christian Univ.	W, 3-0
Sept. 25	Metro State	W, 3-0
Oct. 2	Adams State	L, 0-3
Oct. 3	Fort Lewis	W, 3-0
Oct. 7	NM Highlands Univ.	W, 3-0
Oct. 8	Colorado State- Pueblo	L, 1-3
Oct. 9	CU- Colorado Springs	W, 3-0
Oct. 15	Mesa State	L, 1-3
Oct. 16	Western State	W, 3-1
Oct. 22	Colo. Christian Univ.	W, 3-0
Oct. 23	Metro State	L, 0-3
Oct. 26	Colo. School of Mines	L, 0-3
Oct. 30	Chadron State	W, 3-1
Nov. 5	Nebraska- Kearney	L, 0-3
Nov. 6	Fort Hays State Univ.	L, 1-3
Nov 12	#2 Mesa State def. #7 Regis	L, 0-3

Only Ryan Crowe runs strong during the final yards to the finish.

Two members of the Men's Cross Country team chase each other around a lake. Didn't someone tell them life isn't always a race?



2004 Cross Country Results

Men's Results

<u>Date</u>	<u>Event</u>	<u>Team Finish</u>
Sept. 11.	Lobo Invitational (UNM host)	10th (of 11)
Sept. 18.	Western State Open	2nd (of 3)
Oct. 2.	Rocky Mountain Shootout (CU host)	2nd (of 4)
Oct. 16.	Dan Libera Memorial (UNC host)	4th (of 4)
Oct. 23	RMAC Championships	9th (of 9)
Nov. 6.	NCAA II North Central Regionals (USD host)	15th (of 20)

Women's Results

<u>Date</u>	<u>Event</u>	<u>Team Finish</u>
Sept. 11.	Lobo Invitational (UNM host)	6th (of 12)
Sept. 18.	Western State Open	2nd (of 4)
Oct. 2.	Colorado College Invitational	2nd (of 3)
Oct. 16.	Dan Libera Memorial (UNC host)	2nd (of 6)
Oct. 23.	RMAC Championships	6th (of 11)
Nov. 6.	NCAA II North Central Regionals (USD host)	10th (of 24)



Sophomore Tyler Goswick shows his strength by the mere fact that he's still standing at the end of a race.

Janey Buelke does her best to hold off the competition.



Men's and Women's Cross Country

You see them everywhere. No matter where you go within a ten mile radius of campus, you will most likely pass one of these dedicated students running. Where are they running to? Is someone chasing them? How can they stand wearing shorts when it is only thirty degrees outside? I don't know. But I do know that the men and women of the Regis Cross Country team are some of the toughest people on campus. I know what you may be thinking to yourself, "Tough? All they do is run. Running is a punishment, not a sport." Well again, think of being sick enough to actually enjoy running, to run for the sake of running. That takes guts and a threshold for pain that very few of us will ever possess. Coached by Mike Mittlstaedt, the team ran its way to a very successful finish at the NCAA II North Central Regional meet. The men, led by senior Dan Hoffman, finished 15th, while the women, led by senior Janey Buelke, finished 10th. It looks as if the guys have a little bit of catching up to do. So, the next time you see one of these athletes running around the city, take a moment to see if they are being chased. And if they are, for Pete's sake, help them!

by Joe Keppler



Even if her face doesn't show it, Senior Kassi DeRaad LOVES running!

Freshman Anna Hacker and Senior Tessa Dallarosa work together to pass their opponents and run to the finish.

Senior guard Cappie Smith stops to grimace while the action goes on behind her.

Stannea, Breanne Burley makes a break for the ball during a fourth quarter rally.



Women's Basketball

The Regis Women's Basketball team made a name for themselves as they had an impressive year. The crowds were big and the girls didn't disappoint. "Poise, Concentration, No indecision, No wasted motion, No strong arm tactics, Only an easy fluid motion. That is the secret." And that lead to the success of this year's team. The team entertained with their superior skills and didn't allow opponents to fluster them. Their season began with an eight game winning streak and only continued to improve. Their lone senior Cappie Smith led the team to the #1 seed in the RMAC Shootout, on their way to being RMAC champions as they finished the regular season with a 16-3 record in the RMAC. The team was also ranked first in their region and 24th in the nation for most of their season. Overall the Women's Basketball team had a successful year.

By Katie Hopkins

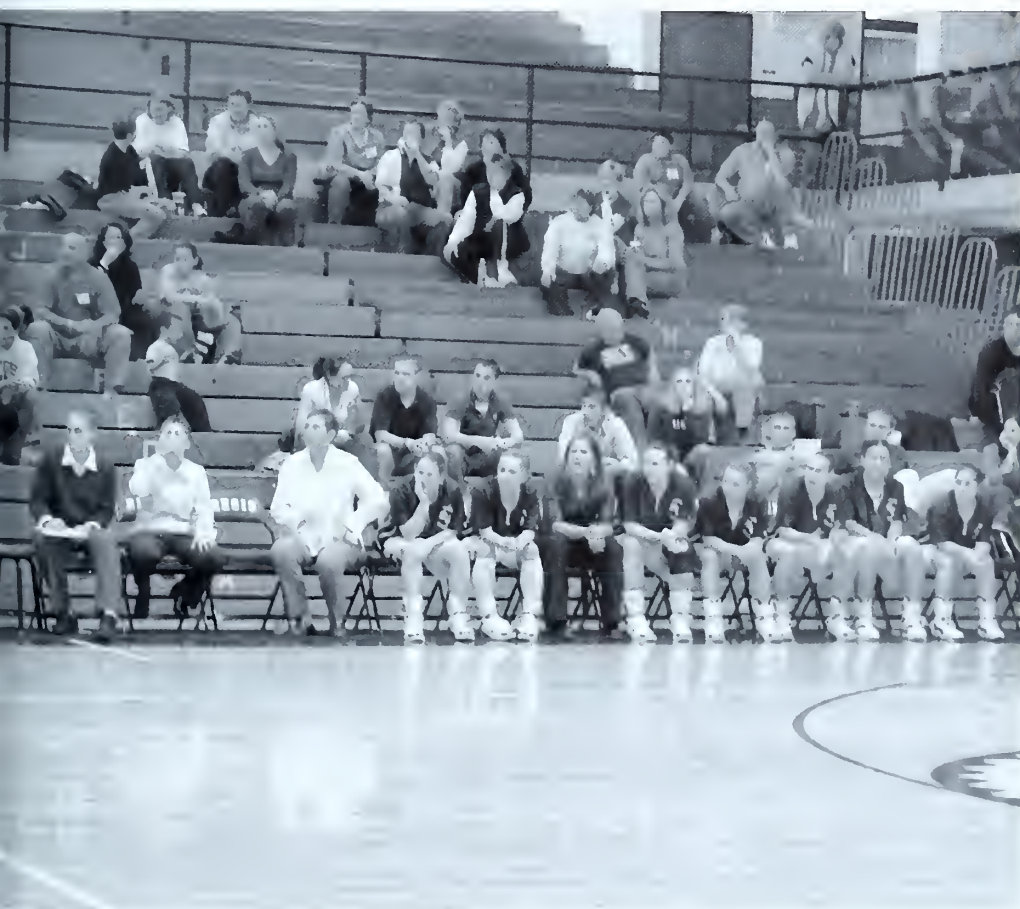


Freshman Breanne Burley practices her sweet dribbling skills during the Mesa State Game.

Amare Diono Lapez takes the ball down the court, and straight to basket.



Date	Opponent	Results
Nov. 16	Univ. of South Dakota	W, 83-50
Nov. 26	Angelo State	L, 63-71
Nov. 27	Western State	W, 68-48
Dec. 3	Minnesota State - Mankato	W, 68-60
Dec. 4	Bemini State	W, 74-51
Dec. 10	Adams State	W, 61-43
Dec. 11	Fort Lewis	W, 64-58
Dec. 18	NM Highlands Univ.*	W, 73-61
Dec. 20	CU - Colo. Springs*	W, 53-43
Dec. 31	Loyola (LA) Univ.	L, 41-67
Jan. 1	Spring Hill College	W, 63-53
Jan. 6	Colo. State - Pueblo*	W, 64-61 (OT)
Jan. 8	U.S. Air Force Academy	L, 52-72
Jan. 14	Mesa State*	W, 72-54
Jan. 15	Western State*	W, 58-40
Jan. 21	Colo. School of Mines*	W, 62-50
Jan. 22	Colo. Christian Univ.*	W, 65-52
Jan. 25	Metro State	W, 91-83 (OT)
Jan. 28	Nebraska - Kearney*	W, 76-54
Feb. 4	Fort Hays State University	W, 76-57
Feb. 5	Chadron State	W, 79-52
Feb. 8	Metro State*	L, 46-48
Feb. 12	Nebraska - Kearney	W, 77-65
Feb. 17	Chadron State*	W, 61-54
Feb. 19	Fort Hays State Univ.*	L, 45-55
Feb. 25	Colo. Christian Univ.	W, 66-48
Feb. 26	Colo. School of Mines	L, 45-53



Junior guard Lindsay Viall waits for a pass and anticipates her next opportunity to shoot.

Teammates look on during an intense moment in the action.

Date	Opponent	Results
Nov. 17	Johnson & Wales	W, 105-82
Nov. 20	Colorado State Univ.	L, 49-78
Nov. 23	Jonhson & Wales	W, 76-67
Nov. 26	CSU - Monterey Bay	W, 74-56
Nov. 27	CU- Colo. Springs	W, 73-45
Nov. 30	Colorado College	W, 59-54
Dec. 1	Bemidiji State Univ.	W, 70-54
Dec. 10	Adams State	W, 74-49
Dec. 11	Fort Lewis	L, 61-77
Dec. 18	NM Highlands Univ.	L, 72-76
Dec. 20	CU - Colo. Springs	W, 88-57
Dec. 29	Dickinson State	W, 87-76
Jan. 6	Colo. State. - Pueblo	W, 73-68
Jan. 14	Mesa State	L, 52-75
Jan. 15	Western State	W, 70-56
Jan. 21	Colo. School of Mines	L, 52-66
Jan. 22	Colo. Christian Univ.	L, 63-68
Jan. 25	Metro State	L, 66-77
Jan. 28	Nebraska - Kearney	L, 68-80
Feb. 4	Fort Hays State Univ.	L, 79-85 (OT)
Feb. 5	Chadron State	W, 74-61
Feb. 8	Metro State	L, 71-83
Feb. 12	Nebraska - Kearney	L, 99-103 (OT)
Feb. 17	Chadron State	W, 68-61
Feb. 19	Fort Hays State Univ.	L, 53-69
Feb. 25	Colo. Christain Univ.	L, 72-85
Feb. 26	Colo. School of Mines	W, 63-60

Senior Austin Christensen goes up for the basket. Christensen was one of the Ranger's top scorers.



The Regis men watch their teammates decimate the opposition.



During a timeout, the Ranger's huddle and develop what would later become known as the "Flying Dutchman" play.



This Regis Ranger looks for an open lane to pass, systematically pulverizing the others team's zone defense.

Junior forward Slade Bigelow dribbles the ball down the court after a steal, leaving the defenders in his dust.



Junior guard Jay Goral yells to his team before slaughtering the visiting team on offense.

Men's Basketball

The Regis men's basketball team finished the season with an overall record of 14-13, and a final RMAC record of 7-12. Though the season was marked by several close losses, the men certainly played tough and kept the crowd on it's feet. The team was led by seniors Austin Christensen, Joshua Wood, Kent Brown and 28-year veteran Head Coach Lonnie Porter, who always manages to keep his players in line and working hard.

By Dave Marten

Softball

As of March, the Regis Women's Softball team carried a 7-3 record with a 3-0 record in the RMAC. The team swept a double-header against the University of Northern Colorado and went 1-2 in the Texas Hilltopper Classic in early March. Head coach Dana Lillard and seniors Sharita Richmond and Amy Tarnoff are optimistic that the team will have a strong season.

By Dave Marten

The catcher foils an attempt to steal home, the runner was later taken into custody and questioned by police



A Regis batter waits to smash the ball into the next judicial district.



Another deadly accurate pitch is released during league play.



Waiting for the play can test an athlete's resolve and discipline, not to mention their ability to see.

"I think I left my toaster oven on at home!"



this season, the Softball team systematically and mercilessly destroyed their opponents with the skill of a well trained team of brain surgeons.

This Regis player has plenty of good skills, including catching balls.

Sophomore Justin Hulse catches the dugout rood during a break in the action.



Sophomore Sean Chase the bat during ninth inning rally.



"Is that Robin Yount?"



Peter Whatley puts the smackdown on another futile scoring attempt.

Regis bats menaced opposing pitchers often during the first half of season.



Baseball

The Regis baseball team was 17-8 by the middle of March. The team is led by Coach Dan Mc Dermott and a squad of four returning seniors. During the first 6 games of their 11 games spring break road trip, the team went 4-2. The players are looking forward to putting a strong finish to the rest of their season.

By Dave Marten



Regis practice the Ranger's work on their batting skills.



Pitcher Tim Didjurgis winds up before releasing the "Greased Lightning."

Junior Chris Sylvia uses a six iron as he drives his ball through the fairway to the green in a tournament last fall.

Just like David Hasslehoff, sophomore Mitch Nelson shows great form in the sand.



Golf

The Men's Golf team had another successful fall season finishing 3rd, 8th, 10th, and 4th in their competitions. Under the steady hands of Bobby Arranaga, Chris Sylvia, Matt Ovel, Matt Schneider, and Miles Philiply the team hopes to finish the Spring 2005 season strongly.

On the Women's side of the links, Victoria Leone was the lone Regis player. Leone finished 20th at the RMAC championships and 18th at the Regis Invitational Tournament.



Freshman Matt Schoch attempts to split two trees in front of him because "It seemed like a good idea at the time."

Top Right: Sophomore Ryan Wagner carefully maneuvers his ball out of bunker, a challenging task for any golfer. Top Left: Sophomore Miles Philpy keeps his head down and follows through on his swing, which can also double as a dance move at parties.



"Does it make you nervous when I stand behind you?"

The Ranger's work on their swings while simultaneously trimming the grass on the course.

The Regis team plots the onslaught that will lead to the slaughter of their opponent.



Midfielder Chrissy Yetter solidifies her killer instinct before taking



During practice, the Regis women show the men what finesse is all about.



The 2004-2005 Women's Lacrosse Team.



The Lacrosse women take a breather during their six hour practice.



The Regis Lacrosse women get "fierce" while watching their teammates decimate the opposing team.



Lacrosse women fire the ball with the zeal of Athena herself.

Women's Lacrosse

Ever notice those girls out on the fields running around with "Get'er done" on their backs? No, it's not Larry the cable guy; it's the Women's Lacrosse team! The new theme for the 2005 Women's Lacrosse team has become their identifier on campus. As lacrosse becomes a more widely known and appreciated sport, our team is stepping up to bring the excitement to our campus. Although it was a difficult task this year with only a couple home games, the girls were able to make a name for their team at Regis. They're led by three seniors, defenders Suzi Schlacks and Helen Lipscomb and midfielder Sally Schlacks who used their leadership to point the team in a new direction. "It's easier to go down a hill than up it but the view is much better at the top," and that's certainly where the lacrosse team is heading.

By Katie Hopkins

Rugby

The Rugby sensation has swept the campus of Regis University over the last year. Tens upon tens of people come out to the campus playing fields to watch a sport that they do not understand. They sit on cold metal bleachers watching grown men in short shorts run around, passing a ball backwards, and getting hit. That's right, getting hit. The fans may not understand that rules of the game, but they understand one thing perfectly well—it's a contact sport, and the only one that Regis has to offer. Surprisingly enough, it is also the only sport that is not allowed to get tape or even ice from the training facilities. But this does not stop these die-hard masochists who just love the feeling of winning, a feeling they achieve at a higher percentage than any other team on campus, as well. This little club, headed by Captain Andy Cole and Coach Gilligan Hattrup, is on the rise. After having just enough members to field a team last year, the Regis Rugby club received a great deal of fresh talent this year and has fought their way to the Western Conference Championships in Dallas, Texas, receiving injuries ranging from dislocated shoulders, to concussions, to broken jaws in the process.

by Joe Keppler

Regis Rugby players talk about their crushing defeat of Colorado School of Mines.



Wow, scoring that many tries really takes it out of you!

School of Mines players are stunned by the speed, strength, and sheer talent of Regis' players.



Mines players try unsuccessfully to stop Regis' unrelenting offense.



Regis players huddle up so the opposition won't hear their genius tactics.



by players always looks good from the backside.



Senior Mike Simpson makes this University of Denver player wish that he had stuck with water bollet.

In Volleyball, it doesn't work to merely shout at the ball..



Another Club Volleyball game is underway in the Richard Branson Memorial Urban Dome Sports Complex.



In Volleyball, you are not allowed to use your head to strike the ball....

olleyball, you are not allowed to kick the ball over the net...



Club Volleyball

Yes! There is a men's volleyball team here at Regis, you've just never been able to find them on campus. This year's team has done something that has never been done by a club volleyball team at Regis University: they will host home games and their very own tournament on campus. Not only is this the first time the club team has had a chance to play at home, but also the first time the team will have a coach. Misio Wynar, who is in charge of the team, has been working hard to bring men's volleyball to the Regis campus. He and Ed Bessenbacher are the two seniors graduating this year, and they have both played during the entirety of the team's 4-year Regis existence. Head coach James Dunken has been a great influence on the team and has lead them to success in many of their tournaments this year. Captain Bessenbacher sums up this year by saying, "We've shown a lot of improvement over past years and we're just having fun." Overall, the team is enjoying being competitive and hopes to continue improving themselves even more in the future.

By Katie Hopkins



Another successful rejection by the Regis Club Volleyball Team.

Patty O'Brien takes time and care when he "stuffs it in the face" of the competition

Senior April Williams during the dangerous "Flaming Pom-Pom" routine.



Dance Team

Now, we all know that Regis does not have a football team, and in turn, does not have a cheerleading squad. However, there is something better on campus that some of us have overlooked. Yes, I'm talking about the dance team. This group of 11 girls practices three times a week in order to put on the best performance they can when it comes to basketball halftime. Captained by JoAnna Welch, the Dance Team does not need short skirts and pom-poms to get the crowds attention. Well, sometimes they need pom-poms, but that's beside the point. The point is that the Dance Team does not wear skirts, but rather a tight black ensemble that allows full range of motion while looking unbelievably chic. So the next time you hear that the dance team is performing at one of the basketball games (which will be sometime in December or January) please go and check them out, it promises to be a great show. But don't take my word for it; take the word of April Williams, a member of the 2004-2005 team, "It's super!"

By Joe Keppler



The Dance Team takes a "cheer break" during the 2004 Mass of the Holy Spirit.

The dance team strikes a pose before performing at halftime during Women's basketball game.



The dancers find their marks as they end their routine.



The dance team during the fan favorite "Y. M. C. A." routine.

The Dance Team performed during halftime at the basketball games but they also performed in competitions as well.

Many teams were able to improve their skills each week during the games. Some weren't so lucky. Who are you passing it to?

Just as Freshman played the ring, Junior Adam Roberts will fight off any opposition that he meets on his mission to the basket.



Intramural basketball had some competitive moments. This isn't one of them.

This is the winning team of the intramural 3 on 3 basketball tournament. This team had what it takes to become champions. And the intelligence to break the legs of the other team.





Shots like these comprise some of the most memorable moments in Intramural history and will forever live in our hearts as true instances of sportsmanship.

Blocking the ball was one challenge many of the teams could not overcome.



These players are ready to have some fun and enjoy a little competition. Intramurals is one of the best ways to make new friends!

3 on 3 Coed Basketball

Need a reason for procrastination? How about an outing on the greased lanes? No? How about some hoops? Yes? Great!!!

A multitude of Regis students take advantage of the Intramural Basketball leagues. In the Basketball league the rules are simple: It is co-ed and each team must have a woman on the court at all times. The teams play two 20-minute halves and there is no shot clock. The man in charge, Jeremiah Keelan, does all the planning, implementation, budgeting, and promotion for intramural sports, and the students appreciate his work immensely. Mary Wisdom says, "I enjoy intramurals because they give me a chance to get away from homework and to stay in shape." Chris Sylvia also likes intramurals, "I always try to play 3 on 3 basketball because I am a competitive person, but I also like to have fun." Whether it's for fun, or in denial of academic responsibilities, intramurals provides a valuable haven where students can enjoy the activities of the "leisure" class and socialize. It is another of the many stops on the journey through the Regis Experience.

By Dave Marten

Intramural Bowling

Every Tuesday night, many members of the Regis student body gather at the bowling alley to engage in some good old-fashioned competition. This sport may be one of the most popular because, while it doesn't require a vast amount of physical activity, it still involves more than the average college student gets in a usual day. You don't even have to be on a bowling team to go and enjoy that wonderful atmosphere, there are always teams looking for extra bowlers, and many need a replacement later in the night. Every semester at Arvada Lanes you can see amazing bowlers with their fancy balls and shoes that haven't been worn by a thousand people and you have to wonder, "What they are doing at intramural bowling ruining my chance for that coveted T-shirt?" There are also many teams with handicaps so high that you can only beat them with a perfect game. But no matter whom you are bowling against it's always a blast. And don't worry there's always a way to drown your sorrows, whether you lose to the pretty bowling balls, or those who never close a frame.

By Katie Hopkins

"Obviously, you're not a golfer."



"This isn't 'Nam, Smoky, there are rules!"



"OVER THE LINE!!!"



Wait a minute, ladies, are you telling me that people go to bowling for reasons other than the grimy balls, the conspicuous shoes and that lingering smell of smoke?

All I want for Christmas is a perfect game!



In preparation for the upcoming flood, this dedicated bowler selects one possession he will take with him, his ball.



"We play Quintana and O'Brien on Saturday; they should be push-overs!"

Junior Travis Mitchell was one of the Ranger's top players in assists.

Dedicated fans come to support the Regis athletic teams.



Senior forward Austin Christensen posted a team-best 15 points and a game-high eight rebounds as the Rangers defeated CSM by the score of 63-60 on Sat., Feb. 26th.



Senior Janey Beulke paced the Regis women with her 33rd-place finish (23:35) as the Rangers placed 10th (of 24 teams) at the 6K NCAA II North Central Regionals in Vermillion, SD.

Top left: Junior Ryan O'Neill has been a top finisher for the Rangers and is always dedicated to finishing his best. Top Right: Members of the Racous Rangers show off their t-shirts.



Sophomore guard Diana Lopez, who has garnered First Team All-RMAC, RMAC Defensive Player of the Year and Daktronics Second Team All-North Central Region accolades thus far in 2004-05, leads the Rangers with 17.8 points per game.

Regis University finished with a 19-5-0 overall record (12-2-0 RMAC) and advanced into the NCAA II Midwest Regional Tournament during the 2004 season.

Top Ten Scenes of Everyday

1.

Successfully dodging your professor in the hall just after you have skipped their class.



2.

Walking and talking on your cell phone; it's harder than it looks.



3.

The people brave enough to show off their sweet frisbee skills at lunch time.



4.

Using the students in the lunch line as a shield to enter the cafeteria and enjoy a free lunch.



5.

Finding a spot to squeeze your vehicle into (hey, NASCAR drivers are considered athletes!)



Athleticism on Regis Campus....

by Nikki Lawson

6.

People trying to keep up with the instructor in the fitness center classes.



7.

All of those students riding their mini-scooters around campus.



8.

Chasing the friendly campus wildlife around with cookies.



9.

Running up to the fourth floor of DeSmet. Poor souls who do it daily.



10.

Everyone ignoring the side-walks and jetting straight through the grass of the quad.





People



Seniors

Kathryn Beaber
Maureen Beach
Eddie Bessenbacher
Ashley Blain-Hartung



Mike Brassel
Jessica Breen
Geoff Brokx
Chirsty Burke



Andrew Burt
Mimi Carrillo
Andy Cole
Craig Cone



Tessa Dallarosa
Ryan Doyle
Veronica Dubey
Andrea Filler





Scott Forrester
Laura Fritz



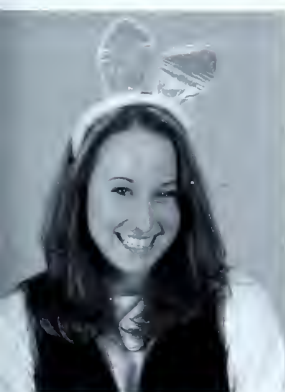
Ben Gamboa
Joshua Garcia



Thomas Geriggs
Brooke Glassman



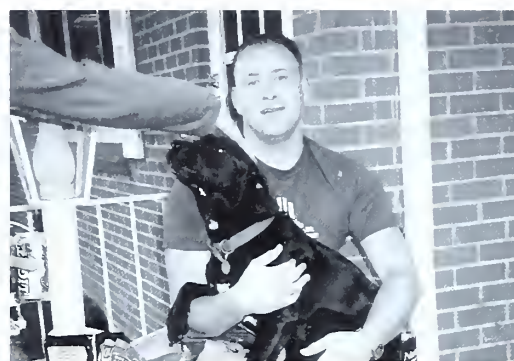
Caryn Grow
Sarah Gunsten



Molly Hames
Kaitlin Hammon



Eli, Andy, and Brady enjoy a Nuggest basketball game. As athletic as they look, they are actually spectators sitting in the stands, not NBA players on the court.



This is Connor Ryan and his dog, and some freakish arm that is just floating in the air.



Kristin Geyer woke up three and a half minutes before this picture was taken, three and a half minutes exactly.



Erin Hart and Suzi Thompson enjoy a night out on the town without those pesky boys.



Eddie Bessenbacher does his best impression of a cowboy. Stunning Eddie, but stick to the computer in the Highlander office.



Immediately after this picture was taken the Terror Alert was raised to 'orange.' Seriously, folks, it's just Braake!



We can't even begin to think about what Scatt is doing in this picture, but apparently you should be cautious about whatever it is that he is doing.



Unwanted sexual harrasment is not a Regis past-time, but we caught this picture showing that it is not absent from Rangerland.

Sam Hansen



Erin Hart



Aaron Hofkamp



Katie Hopkins



Karee Hutches





Stephanie Johnson
John Kinnon
Kiley Kroh
Nikster Lawson



Samantha Lindell
Belinda Lipsey
Laura Mailander
Dave Marten



Sarah Martin
Kyle Martinez
Margaret Matt
Kyle Mattie



Meghan McCarthy
Kate McGuire
JoAnn Melendez
Katie Micek



Flynn Murphy
Kate Murphy
Keara Murphy
Patrick Oakes

Rachael O'Hayre
Jaime Papa
Nathan Pawlicki
Evan Pfaff



Alli Rausch
Sharita Richmond
Claire Rymer
Ben Schafer



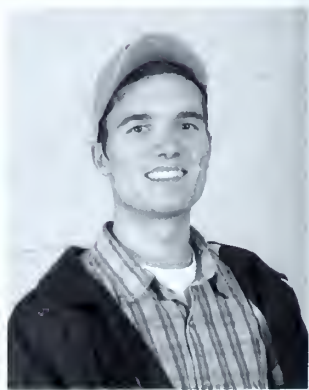
Colin Servus
Josh Silverman
Mike Simpson
Melissa Skotach



Javier Soriano
Amy Tarnoff
Suzi Thompson
Ralph Ursini



Natalie Vigilante
Chris Wall
Jonathan Wise
Josh Wood

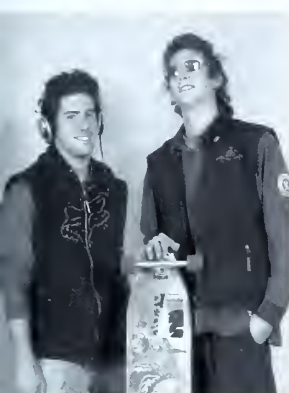




Ashley and Kiley



Brady and Pat



Gerald and Brandon



Lindsay and Faith



Bridget and Kiley



Don't you think I'm sexy when I stuff my face?



Margret Matt and Eva Pfaff pose for a quick shot at Intramural bowling.



Dave Marten gives us a rare glimpse of the profile of a dangerous man.



Seniors Molly, Erin, and Sarah slave over the stove during finals breakfast. Where did you find those stunning hats?!

JUNIORS

Jeff Aguirre
Robert Albi
Amanda Arrita
Thomas Bannigan



Janet Barth
Ginny Bayes
Kent Brown
Tanya Calvert



Heidi Camp
Josh Cook
Brian Couch
Michael Daly



Melissa Difaldo
Odia Eigbiremoen
Rene Ervin
Maggie Ferhing



Alexander Gleucker
Abigail Goldberg
Grant Gordon
Jenn Grecco





Frank "the tank" Haug
Carolyn Herlihy



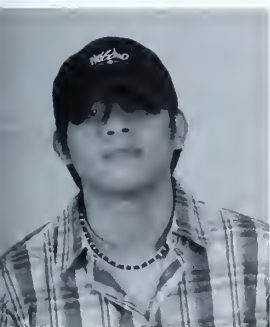
Allison Hingtgen
Will Hori



Chih-Chieh Hsiao
Katie Janda



Katie Johnson
Bryan Johnson



Ben Juarez
Jeremiah Keelan



Mage Kissack
Kathy Korsmo



Who will be the next top model? Only you can decide!



Mmmm...Bop. Thank you, Hanson, for your dashing good looks, your flowing hair and your words of wisdom.



I live every day to the fullest!



Ally and Michelle take a break from the mayhem of Halloween to share a smile with the Yearbook camera.



Thimedis Molina: undercover secret agent. One day she works in student activities, the next day she is chinese.



Now that's a little frightening.



You're just jealous becaouse I've been online, chatting with hot babes for like three or four hours.



Top o' the morning lassies!

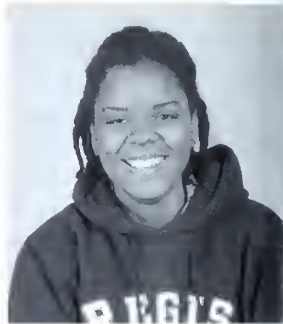
Michelle Krauss
Kristen Libra



Adrian Manriquez



Brittney Mathews



Guillermo Mazier



Fra McCory

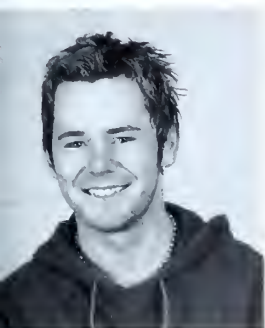


Aliana McCoy





Bridget McLaughlin
Thimetis Molina
Dieu-Loan Ngyuen
Amy Noyes



Ed O'Dwyer
Ryan O'Neill
Adam Roberts
Marty Roche



Matt Schneider
Diana Scott
Amanda Shirk
Andrea Silva



Jerry Smith
Jesse Stephens
Ryan Thomas
Justin Tucker



Lila Utu
Michelle Vance
Jessica Waitzman
Adam White



Andrew Wickins
April Williams
Trevor Wood
Edward Yoon

SOPHOMORES

Drew Anneberg
Risschie Aran
Galena Armstrong
Emily Augsburg



Brandon Ballantyne
Cortney Benner
Ryan Benson
Caron Bressan



James Brueggeman
Krissy Calvey
Robert Cannon
Caitlin Claxton



Dante Colobatti
Challona Coltman
Carrie Anna Cordova
Jolene Corey



Rachel Crowley
Mitch Davis
Jim Delurgio
Molly Dougherty





Brad Dugdale
Jonathan Eldsness



Eamon Eriksen
Megan Ernst



Maria Foy
Sheelah Franck



Bonnie Fruland
Thomas Fuller



Danny Gallagher
Jennifer Gargaro



Allie Gasnick
Scott Gerlach



Life is fairly bleak in Carroll Hall, otherwise known to locals as "The Dungeon"



I can't believe that we ate the whole enchilada.



"No, we pretty much walk like this everywhere."



As the sun rose on the wind swept plains of Easter Colorado all she could think of was lucrative coal mining job that lay at the end of her journey.



Sophomore Brittani Sours understands the wisdom of upperclassmen, Look! she has hooked senior Scott Forrester!



Who needs to smile with an economy this bad!?!?!?!?!?



Senior Molly hames wonders what Ken is wearing, but then wonders if she may be the one who is not "Normal."



The man stared blankly into the distance, thankful that none of the ninjas were carrying side arms.

Anthony Giordano



Kelly Goldberger



Darrell Hammond



Jamin Harvey



Kate Herter



Lisa Hinley





Jeff Hoggeboom
Maria Ismert
Daniel James
Michelle Johnston



Tariq Kadzi
Sean Keane
Kelly Konash
John Krivaner



Torie Leone
Steven Linenberger
Jace Livingston
Emily Manion



Annia Martial
Breanne McTighe
Jeff Mielnicki
Aimee Moline



Adelle Montebianco
Bobby Morgan
Matt Morris
Lyndsey Newlin



JD Padzik
Mariah Piper
Stephani Poling
Alexandra Press

Dani Price
Nick Relph
Nicole Rodriguez
Perla Rodriguez



Justin Rousch
Anthony Rudy
Chelsea Ruller
Roxanne Samora



Michelle Sanchez
Anna Schafer
Katelyn Schwartz
Maggie Shea



Brittani Sours
Vince Stewart
Neal Valorz
LP Wegrzyn



Kari Weickum
Joanna Welch
Emily Wilhelmy
Matthew Work



Matt Zavala
Katherine and Maureen
Breanne and Lyndsey
Denise, Nicole, and Diana





Stephen Sutphin, Jamie Sanders, and Donovan Rigi Rozzi



Kali Clark, Rachel Ross, Gabrielle Shamsabadi, and Jen Kuck



The cutest hillbillies this side of the border!



Sophomore Haley Danius knows that it's all about the 505.



Sophomore Caroline was pleased at pie that Richard Simmons was back on campus to promote both physical and emotional well-being.



We are the best friends in the entire world....The best of all time....Ever.

Freshmen

Julio Alas
Alex Auerbach
Josh Bablonka
Kyle Beckhert
Nina Blaida



Ashley Blincow
Stephanie Braselton
Nicole Breeding
Ali Brilliant
Ashley Brown



Kyle Burgardt
Maureen Carey
Sarah Cihal
Michael Daly
Hayley Daunis



Carly Davis
Jacqueline Davis
Kara Distefano
Natalie Echter
Melissa Emerick



Marissa Fay
Colin Ferro
Michael Ferro
CJ Fontenot
Rebecca Fowler





Stephanie Fransen
Jamie Garrett



"Two's company. Three's a What?"



Mike George
Kelley Gloyd



Do I look like John Wayne in this hat guys?



Pam Haake
Anna Hacker



Laura Hansen
Tony Haug



All I can draw are flowers...How about Flowers??



Ricky Hernandez
Mindy Herzberger



Do you think we can get into the Townhomes??



Patrick Hill
Graham Hunt



"Truly great friends are hard to find, difficult to leave, and impossible to forget." -G. Randolph



This group of students is representing OC to the fullest.



"What do you mean that Brahms is better than Handel!!!"



Hey guys do you ever think we could make it as charlies angels?

Katelan Jacobsen



Jen Janes



Stephanie Kent



Jaqueline Kharouf



Becca Krudwig

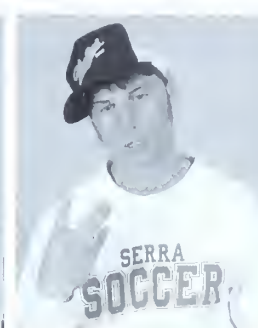


Beth Lakey





Rosemary Lantz
Amy Lantz
Christina Lazzaro
Morganne Lea
Evan Lentz



Margie Leopold
Audrey Leos
Chase Likes
Dominique Long
Jesse Lyshorn



Margaret Mailander
Kenneth Martin
James McCann
Megan McCann
Craig McCoy



Robert McFadden
Clint McKnight
Pat McLucas
Kelsey Melander
Steve Mikesell



Julia Miller
Kateri Millison
Cheryl Nelson
Lauren Nichols
Matt Nickerson



Amy Nicola
Kevin O'Brian
Colin O'Hayre
Stephanie Perez
Dayne S. Phillips

Mary Pomeroy
Matt Purdy
Rebekah Rich
Julie Rodgers
Monica roleigh



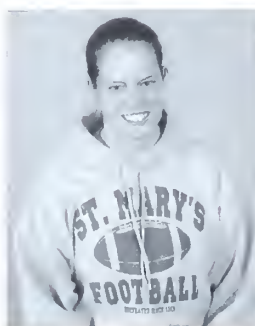
Dan Rottler
Josh Rusnov
Brittany Schick
Tiffani Schmidt
Andrew Shields



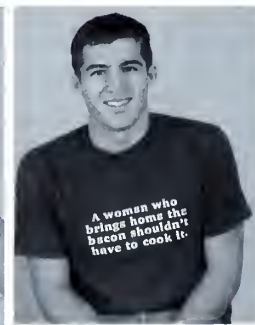
Ray Shiray
Jacqueline Silverman
Diana Simmons
Arlynn Simpson
Amber Sivetts



Bridget Smith
Lindi Smith
Tony Steacy
Brianna Svoboda
Marissa Texidor



Colleen Tholen
Luke Thompson
Alessander Vitale
Andrew Vojslavik
Colby Vossler



Gardner Waterman
Lauren Wojtko
Lesley Wood
Daniel Worth
Lillian Yanni





Chad Yantorno



Mollie Nock
Maribeth Waldrep



Marisa Cantonwine
and Josh Bablonka



Now is a time for reflection (pause) We must look at the 80s and learn from our mistakes...there is only one hope that we never go back to that lifestyle...



Here at KRCX we like to put our listeners first, thats why KRCX is always number one.



Tell the others I'm coming.....deep sigh



Im the new sherrif in town and NO ONE WILL TAKE THAT AWAY FROM ME - motivation to say this qoute properly Will Ferrel meets Clint Eastwood.



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As the 2004-2005 academic year comes to a close, we look back on the events that have shaped the world in a profound manner, from the election and the seemingly endless loss of innocent life that is the war in Iraq to the devastating tsunami in Southeast Asia. In our own lives, we have lost dear friends and gained others, struggled through disappointment and reveled in success, endured the frustration of uncertainty and the awareness that comes with understanding. Though these experiences and events color our



ourney toward self-discovery and meaning, we ultimately must choose the path that each of us will take and, in the words of Robert Pirsig, learn that sometimes "it is better to travel than to arrive." For the class of 2005, we have spent the last four years passing innumerable times through the freshman dorms, the halls of Loyola, the doors of the Library...and though we have arrived at the end of our time here at Regis, the journey that has carried us into each other's lives is far from completed. By Kiley Kroh



Just to Name a Few...



With the help of local Lifetouch representative Ed Last, we were able to put out this 2004-2005 edition of the Regis University Ranger yearbook. Besides the copy you are holding in your hands, Lifetouch Publishing Company printed 1,099 other copies of this book. The cover photograph was taken by Regis senior Kristy Klinck, and the endsheets and folio tabs were designed by LaVanda Mireles, a junior here at Regis. All headlines in the book are written in Annie font, and all copy and captions are written in Myriad Pro Light Condensed. The publication of this book would not have been possible without advisor Dave Law, each member of our staff, and the following people:

Graham Hunt- Thank you for your fantastic pictures and willingness to help.

Andy Cole and Nikki Lawson- We appreciate all the captions you've helped us write.

Jaime Leninger- Thank you for all the pictures.

Melissa Nix- Thanks for all your help with the service learning pages.

Katie Merkle- We appreciate all the captions you've written and inspiration you've given us.

Mike Sakas- Thank you for once again taking our individual portraits and making it so much fun.

David Hicks and Reflections Staff- Thank you for your helpfulness in designing the student pages.

Athletics Department- Thank you for all the athletics photos you gave to us.

Also, thanks to all the members of the Regis community who sent or posed for pictures, gave us information and offered support.

-Yearbook Staff-

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Kiley Kroh

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JUST PASSING
THROUGH

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